Treasures of Greek and International Cooking

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by

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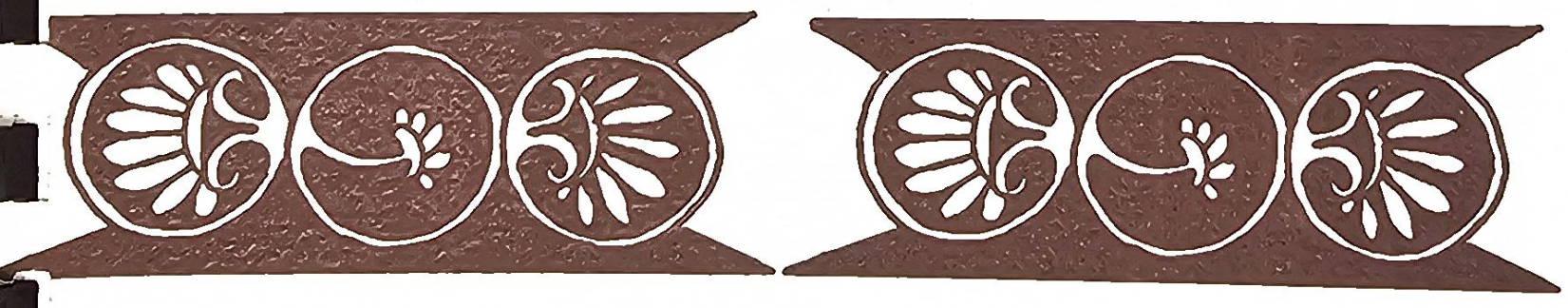

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"Greece is everyone's heritage, for it is a part of everyone's knowledge, beauty, and culture."

Dedication

This cookbook is dedicated to all the members of the St. Andrew Greek Orthodox Church of Kendall .

The Cookbook Committee gratefully acknowldeges the talents of Tsampica Skipper, Dorene Grabova, and Eugenia Stefanou who are responsible for all the art work and illustrations in this cookbook, and to Jean Loomos for all her invaluable help.

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Introduction

Eating is not only a favorite pastime of the Greeks, but also a way of life. No patriotic or religious holiday, no family gathering or special occasion such as a baptism, engagement party, or wedding, is complete without food.

Lamb by far constitutes the most common meat dish and in village life it is not unusual to see a whole lamb on a spit, lazily rotating over an open fire, and filling the air with its appetizing fragrance. Cheese made from goat's milk is hardly ever absent from the customary fare of rural homes and is used in the salads and pites or eaten with crusty country bread and a glass of wine. Freshly picked vegetables, boiled and served with olive oil and lemon juice, are also customary fare along with pilaf topped with yogurt.

Baking is one of their greatest pleasures and gifts. The most common ingredients in baked goods are of course flour, eggs, and butter from ouzo, mastiha, cognac, liqueurs, orange and lemon rind used for flavoring. Nuts and honey are plenteous in supply and one of the most favorite pastries is Baklava made with buttered layers of flaky dough (filo) and chopped nuts, and liberally sprinkled with honey. Another favorite is Kataifi made with fine shredded wheat dough a delicious cream filling and drenched in honey. Cookies are also very popular in Greece. Kourabiedes, known as Wedding Cookies, are made with sweet, unsalted butter, flavored at times with rose water, and sprinkled with powdered sugar.

This cookbook is filled with many delicious Greek recipes and other favorites submitted by parishioiners and friends of varied ethnic backgrounds who were most gracious in their response to our appeal for recipes to be included in the cookbook. As a further feature, we are also very proud to include a section on American dishes.

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Appetizers

APPETIZERS

APPETIZER PLATTER
(Meze Platter)

Anchovy Fillets
Black Olives
Feta Cheese
Fried Loukaniko, Greek Sausage
Green Olives
Greek Peppers
Marinated Artichoke Hearts
Pepperoni, sliced thin
Sliced Cucumbers
Sliced Tomatoe
Stuffed Grape leaves

Arrange the mezethes in a large platter. Decorate with sprigs of parsley.

BALKAN EGG PUFF

1 *tbsp. butter*
3-6 *eggs*
1/2 *cup milk*
Salt & pepper to taste
1/2 *cup Feta or Cheddar Cheese crumbled*

Bring water to boil in bottom of double boiler. Using whisk, mix all ingredients but cheese. Pour into top of double boiler, sprinkle with cheese, and place over boiling water. Cover and reduce heat to medium. Cook for 15 minutes.

CUCUMBER DIP
(Tsatziki)

3 1/2 *cups thick plain yogurt*
1 *cup cucumber, finely chopped*
1 *clove garlic, crushed*
2 *tsp. olive oil*
1 *tbsp. fresh dill or mint*
1 *tbsp. lemon juice*

Mix yogurt with 1 teaspoon salt and place in dish towel. Hang over bowl until dripping stops, about 2 hours. Sprinkle salt over cucumber and let stand 15 minutes and press dry. Combine ingredients. Chill.

EGGPLANT APPETIZER
(Melitzanosalata)

- 1 *small eggplant*
- 1/2 *cup chopped celery*
- 1 *clove garlic, minced*
- 2 *tbsp. chopped fresh parsley*
- 1 *tbsp. chopped capers*
- 1 *tsp. dill minced*
- 1/4 *tsp. oregano*
- 1/2 *tsp. salt*
- 1/8 *tsp. pepper*
- 1/3 *cup salad oil*
- 1/3 *cup vinegar*

Cook eggplant in boiling salted water 20 minutes or until tender. Drain well and cool. Peel and cut into 1 inch cubes. Add remaining ingredients and mix thoroughly. Cover tightly and refrigerate. Serve with crackers.

EGGPLANT CAVIER

- 1 *large eggplant (2 lbs.) unpared, chopped*
- 1/2 *cup celery, minced*
- 1/2 *cup water*
- 1/4 *cup oil*
- 1 *tsp. sugar*
- 1/4 *cup vegetable oil*
- 1 *cup chopped onion*
- 1/3 *cup tomato paste*
- 4 *tbsp. lemon juice*
- 1 *tsp. salt*
- 1/2 *tsp. pepper*
- 1/4 *cup mayonnaise*

Heat 1/4 cup oil in Dutch oven over medium heat, add chopped celery, eggplant and 1/3 cup water; cook 30 minutes stirring occasionally, until mixture thickens and seems sticky. While the eggplant is cooking, saute the onion in the 1/4 cup oil just until transparent, add the tomato paste and mix well. Add this onion mixture to the eggplant and stir well. Add salt and pepper and simmer until all moisture is absorbed and eggplant is cooked through. Remove from heat, stir in lemon juice. Refrigerate covered until cold. Stir in mayonnaise. Serve with toast rounds or crackers. Cavier can be stored covered in refrigerator about 3 weeks.

FISH ROE DIP I
(Taramosalata)

1/4 *cup Tarama*
4 *thick slices bread, oven dried or toasted*
1 *small onion, grated for mixer method*
1 *cup salad oil or mixed with olive oil*
1/4 *cup lemon or lime juice*

FOOD PROCESSOR METHOD:

With steel blade, put into container the tarama, onion, and about a third of the oil. Whirl a few seconds, scrape down sides. Add bread which has been quickly soaked in water and squeeze dry between palms. Add two slices at a time and slightly crumble when adding. Add remaining oil and whirl until very smooth, scraping down sides to keep blended. Last, add slowly, the lemon juice and process a few seconds till thick and white. Serve with crackers, bread squares or triangles of Pita bread.

MIXER METHOD:

Beat Tarama very well. Add grated onion and continue beating until tarama is broken down and becomes a paste. Add bread witha little oil and continue beating. Do this until all the bread and oil is added, beating all the while. Do not under beat. This makes for a light tarama. Last, add the lemon juice very slowly to prevent curdling and continue beating until thickened and white.

FISH ROE DIP II
(Taramosalata)

1 10 *oz. jar Tarama (fish roe)*
2 *cups Wesson Oil*
1 *small onion, finely chopped*
2 *cups mashed potatoes (pass boiled potatoes through sieve)*
Juice of 2 lemons

Empty tarama into large mixing bowl and beat until creamy. Add mashed potatoes and continue beating thoroughly as you add the chopped onions. Slowly add a little oil and lemon juice, alternately. Keep scraping side of bowl and beat for about 30 minutes. May be served as a dip, or as a spread, on crackers, or melba toast.

FRIED CHEESE
(Kasseri Tighanito)

The cheese used for this should be kasseri, kefalotiri or feta. Cut cheese into slices about 1/4 inch thick and brown in butter in a skillet. Sprinkle with lemon juice. Score into bite-size pieces and serve immediately.

FRIED LAMB LIVER MEZE

1 *lb. lamb liver*
4 *tbsp. olive oil*
1 *bunch of scallions, thinly sliced*
1 *tbsp. fresh dill, minced fine*
1 1/2 *tbsp. lemon juice*
Salt & pepper to taste

Cut liver in 1 1/2 inch pieces. Fry in frying pan with olive oil until cooked. Remove pieces of lamb liver to dish. In oil left in frying pan, add scallions and dill. Stir until scallions are soft and pour with oil over cooked liver in dish. Add lemon, salt and pepper.

FRIED LIVER OREGANATO
(Sikotakia Reganata)

1 *lb. chicken livers (whole), or lamb liver cut in small pieces*
Salt and pepper to taste
Lemon juice
Oregano
1/2 *cup wine*
Oil for frying
Flour for coating livers

Sprinkle liver with salt, pepper, lemon juice and oregano. Dip in flour and fry in hot oil. Do not overcook. Add 1/2 cup wine, cover immediately and remove from heat. Let stand about 10 minutes before serving.

FRIED SMELTS WITH MARINADE
(Tiganistes Marides)

1 *lb. smelts*
2 *cups flour*
Salt and pepper to taste
Oil for frying

Mix flour, salt and pepper in paper bag, add smelts a few at a time and shake well to coat. pat to remove excess. Heat oil in skillet and fry in batches, do not over crowd. Remove from skillet and pat with paper towel. When all are fried, arrange on platter and pour the marinade dressing over all.

Marindade dressing:

1/4 *cup vinegar*
3 *tbsp. lemon juice*
2 *garlic cloves, minced*
1 *tbsp. minced parsley*

Beat together until thick and pour over smelts. Decorate with lemon halves and parsley.

GREEK MEAT BALLS
(Keftedakia)

1 *lb. ground chuck*
1/2 *cup minced onion*
3/4 *cup breadcrumbs*
1 *egg*
2 *tbsp. margarine or butter*
1 *tsp. mint*
1/2 *cup wine*
1 *cup oil*
1/2 *cup flour*

Saute onion in margarine or butter and put in mixing bowl. Add all ingredients, except flour and oil, in bowl and mix well. Shape into walnut size meat balls, roll in flour and fry in hot oil.

ROASTED GREEN PEPPERS
(Psites Pipperyes)

8 *whole green peppers, seeded*
1/3 *cup oil*
1/8 *cup vinegar*
Salt and pepper to taste

Broil green peppers until slightly scorched. Remove part of the scorched peelings. Cut in strips. Cover with oil and vinegar. Season with salt and pepper. Chill for 3 hours. Serves 12.

MARINATED MUSHROOMS & CAULIFLOWER

5 *tbsp. olive oil*
1 1/2 *tsp. salt*
2 1/2 *tbsp. wine vinegar*
1 *garlic clove, minced*
4 *green onions, sliced*
1/2 *cup of small whole mushrooms*
1/2 *cup cauliflower, flowerettes, cut in half*
1 *tsp. oregano*

Place all above ingredients in bowl. Mix well and let stand at room temperature for 5 hours. Cover and refrigerate for 8 hours.

PICKLED SQUID
(Kalamaria Toursi)

2 *lbs. squid*
1/4 *cup olive oil*
6 *oz. of vinegar*
1 *tsp. pickling spices (tied in cloth)*
Salt and pepper to taste

Wash and clean squid and drain. Place in saucepan and add water to cover. Simmer for 30 minutes or until tender. Stir occasionally. Drain and slice into 1/2 inch segments. Place in saucepan with olive oil, vinegar, spice cloth, salt and pepper. Bring to a boil for 5 minutes. Remove spice cloth. Chill and serve.

Dressings, Sauces & Soups

DRESSINGS

GREEK SALAD DRESSING

Juice of 1 lemon
3 *tbsp. wine vinegar*
1/2 *cup olive oil*
1 *crushed garlic clove*
1 *tsp. oregano or 1 tbsp. minced fresh dill*
1/3 *cup crumbled Feta cheese*
Salt and pepper to taste

Beat all ingredients except Feta cheese until well combined. Add Feta cheese and pour over salad.

LEMON-DIJON VINAIGRETTE

1/4 *cup lemon juice*
3/4 *cup vegetable oil and olive oil, combined*
1/2 *tsp. Dijon-style mustard*
1/2 *tsp. sugar*
Salt and pepper to taste

Combine all ingredients and shake well . Makes 1 cup.

YOGURT (HOME-MADE) (Yaourti)

1/2 *cup powdered milk*
1 *quart fresh milk*
1/2 *cup prepared or commercial yogurt, for a starter*

Mix powdered milk with fresh milk and heat to 112 degrees. Dilute prepared yogurt with 1/2 cup of the warm milk and stir into the remaining milk. Pour into glasses or covered bowl. Find a warm place away from drafts. Lay a heavy towel and place the glass or bowl on. Cover glasses with wax paper and wrap another heavy towel over them. Let yogurt sit until it thickens in about 6-8 hours. When it has thickened refrigerate until ready to use.

YOGURT DRESSING

- 8 *tbsp. olive oil*
- 3/4 *cup safflower oil*
- 3/4 *cup vinegar*
- 1 *tsp. salt*
- 1 *tsp. dill, minced*
- 1 *tbsp. Dijon mustard*
- 1/2 *tsp. garlic powder*
- 4 *tbsp. yogurt*
- 1 *tsp. sugar*

Place all ingredients into a screw-top jar. Shake well and refrigerate.

ALMOND GARLIC SAUCE
(Skordalia Me Amegthala)

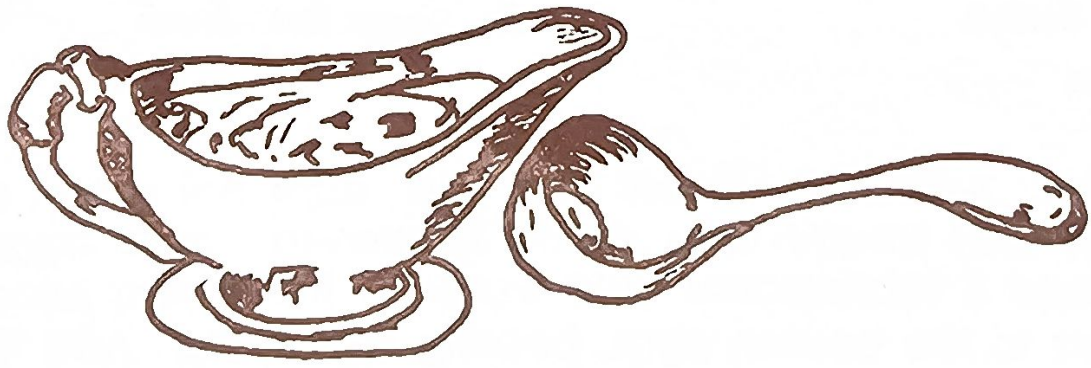
- 1 *cup ground almonds*
- 1 *tsp. salt*
- 4 *garlic cloves*
- 7 *slices white bread*
- 1 *cup olive or vegetable oil*
- 1/2 - 3/4 *cup lemon juice*

Pound in a heavy mortar or beat with electric beater the crushed garlic and salt. Add almonds and continue beating until mixture is thoroughly mashed and blended. Soak bread in water, squeeze out excess moisture. Add to mixture. Slowly add oil alternately with lemon juice, beating constantly until smooth paste is formed.

BECHAMEL OR WHITE SAUCE

- 4 *tbsp. butter*
- 6 *tbsp. flour*
- 2 *cups milk*
- 1 *tsp. salt*

Melt butter over a low heat. Add flour and salt. Stir until well blended. Remove from heat. Gradually stir in milk and return to heat. Cook stirring constantly until thick and smooth. Remove from heat.



BECHAMEL CHEESE SAUCE

- 10 *tbsp. all purpose flour*
- 7 *tbsp. butter*
- 1 *can evaporated milk (large)*
- 1 *can water (use empty evaporated milk can)*
- 4 *eggs*
- 1 *cup grated Kefalotiri, Romano or Parmesan*

Melt butter. Add flour slowly to melted butter stirring constantly. Remove from heat. Boil water and evaporated milk and slowly add to flour and butter mixture. Cover and let set for 15 minutes. Meanwhile beat, thoroughly, the eggs. At appropriate time, add eggs to above mixture. Add salt and finally, add cheese. This recipe is fool proof. Use in any recipe requiring a white cheese sauce.

COCKTAIL SAUCE

- 2 *cups chile sauce*
- 1 1/2 *cups tomato catsup*
- 1/2 *cup prepared horseradish*
- 3 *tbsp. lemon juice*
- 1 *tsp. salt*
- 1 *tsp. Worcestershire sauce*
- *Dash of pepper*

Combine all ingredients and chill. Makes 1 quart. Compliments, seafood (shrimp, etc.)

EGG LEMON SAUCE (Avgolemono)

- 1 *tsp. butter*
- 2 *eggs, beaten*
- 1 *lemon*
- 1 *tbsp. flour*
- 2 *cups hot broth*

Melt butter. Add flour. Slowly add 1 1/2 cups hot broth, stirring constantly until smooth and slightly thickened. Beat eggs until frothy. Add 3 tablespoons cold water to the lemon juice and slowly add to the beaten eggs, beating constantly. Add 1/2 cup hot broth slowly to warm up the egg-lemon mixture and then very slowly add to the thickened broth stirring constantly.

LEMON AND MUSTARD SAUCE
(Saltsa Moustartha)

- 3 1/2 *tbsp. lemon juice*
- 7 *tbsp. olive oil*
- *Salt and pepper to taste*
- 1 *tsp. dry mustard*
- 2 *garlic cloves, mashed*
- 2 *tsp. chopped parsley*

Strain lemon juice and place in bowl. Slowly add olive oil, salt, pepper, mustard and garlic. Stir together until blended. Serve in a sauce boat and sprinkle lightly with finely chopped parsley.

MOCK HOLLANDAISE SAUCE

- 1 *cup sour cream*
- 1 *cup mayonnaise*
- 2 *tbsp. lemon juice*

Gently blend all ingredients. Cover and refrigerate. Just before serving heat gently (do not overheat). Makes 2 cups.

MUSTARD SAUCE

- 2 *cups mayonnaise*
- 2 *oz. prepared Dijon mustard*
- 1/4 *cup Worcestershire Sauce*
- 1/4 *cup A-1 Sauce*
- 1 *cup light cream*

Combine and beat until creamy all above ingredients. Delicious with all fish and shell fish.

OLIVE OIL AND LEMON SAUCE

- 4 *tbsp. olive oil*
- 3 *tbsp. lemon juice*
- 1 *tbsp. parsley*
  or 1 tsp. crushed oregano

Beat olive oil and lemon juice until thickened. Add parsley or oregano.

PISTACHIO SAUCE
(Skorthalia Me Fystikia)

1/2 *cup pistachio nuts, peeled*
1/4 *cup soft white bread*
Lemon juice or vinegar
4 *garlic cloves*
Olive oil

Pound pistachio nuts with garlic in a mortar until mixture is smooth. Soak bread in water and squeeze dry. Add to pistachio mixture till smooth. Gradually add olive oil to make sauce. Loosen sauce with lemon juice or vinegar.

SALSA VERDE

2 *pkg. (3 oz. each) cream cheese*
1/2 *cup Parmesan cheese*
1 *garlic clove*
1/4 *tsp. salt*
1/4 *cup olive oil*
1/4 *cup hot water*
1/2 *cup parsley (chopped fine)*

Mash cream cheese with fork. Stir until smooth. Blend in garlic, Parmesan cheese, salt and olive oil. Add water and beat until smooth. Chop parsley and sprinkle on top. Serve on drained spaghetti.

SKORDALIA
(Garlic Sauce)

8 *garlic cloves*
1/2 *cup Wesson oil*
1/2 *cup olive oil*
4 *cups mashed potatoes, pass through sieve*
1/3 *cup white vinegar*

Crush garlic with mortar and pestle. Add to mash potatoes, blending well with beater. Add oil and vinegar alternately in small amounts, beating constantly until mixture thickens. Salt to taste. Serve with fried fish, fried zucchini, fried eggplant, fried potatoes. Makes 2 cups. Goes well with boiled string beans, boiled zucchini, boiled eggplant.

SOUR CREAM AND DILL SAUCE

3 *cups sour cream (yogurt can be substituted)*
1 *bunch fresh dill weed, chopped fine 1/2 to 3/4 cup*
1/4 *cup finely chopped green onions*
1/4 *cup white wine vinegar*
1 1/2 *tsp. salt*
1/2 *tsp. pepper*

Mix well all ingredients. Spoon into quart jar with tight-fitting lid. Store in refrigerator. Makes about 3 1/2 cups. Excellent for green or raw mushroom salad, sliced tomatoes, sliced cucumbers, baked fish fillets, appetizer dips, sauce for boiled potatoes or mashed with potatoes for restuffing baked potato shells. Will keep 10 days or so refrigerated.

TARTAR SAUCE

3/4 *cup sour cream or mayonnaise*
1 *tbsp. finely chopped sweet pickle*
1 *tsp. parsley*
1 *tbsp. finely chopped onion*
1 *tsp. tarragon vinegar*

Combine ingredients and mix well. Keep refrigerated.

SOUPS

BEAN SOUP I
(Fasolatha Ylahnl)

1 *lb. dried beans*
2 1/2 *cups water*
1 1/2 *cups olive oil*
2 *large onions, chopped*
3 *garlic cloves, chopped*
3/4 *cup of tomato sauce*
1 *tsp. salt*
1/2 *tsp. pepper*
1/2 *cup parsley, chopped*
1/2 *tsp. oregano*
1/2 *lb. chopped spinach (optional)*
3 *celery stalks, chopped*

Soak beans at least 6 hours or overnight. Drain. In a 3-quart sauce pan saute onions until transparent, Add garlic, celery and parsley and saute for an additional 10 minutes. Add the drained beans, tomato sauce, salt, pepper, oregano. And spinach if used. Add enough hot water to cover. Stir thoroughly. Cover and let simmer until vegetables and beans are tender.

BEAN SOUP II
(Fasolatha)

1/2 *lb. white northern beans*
2 *leafy stalks celery, finely chopped*
2 *garlic cloves, minced*
2 *tbsp. minced fresh parsley*
1 *bay leaf*
Salt & pepper to taste
1 *large onion, finely chopped*
2 *large carrots, diced small*
1/4 *cup tomato paste*
1/4 *tsp. thyme leaves*
1/4 *tsp. cumin powder*

Soak beans overnight in water (water should cover beans). Drain beans and place in a large pot with water to cover about 4 inches. Bring to a boil and simmer over low heat for 2 hours. Add onion, celery, carrots, garlic and tomato paste. Simmer for 1 hour or more until beans are tender. Add additional water if needed. Add pepper, salt and cumin and sprinkle with parsley.

BEEF SOUP
(Soupa Vothine)

4 *lbs. beef chuck*
1 *lb. beef bones*
4 *qts. water*
1 *lb. carrots, whole*
4 *small onions*
4 *celery stalks, whole*
4 *small potatoes, whole*
2 *fresh tomatoes, crushed*
Salt and pepper to taste
1/2 *cup orzo*

Put chuck and bones in a large kettle. Cover with water. Bring to a boil. Remove froth. Add carrots, onions, and celery. Cover and bring to a boil, and simmer until meat is almost done (2 hours). Add potatoes, crushed tomatoes, salt, pepper, and cook until vegetables are done. Remove meat and vegetables to platter and discard bones. Strain broth, remove fat and cook orzo in the broth for 30 minutes or until tender. Serve meat and vegetables separately with oil, vinegar, and mustard.

Variations: Instead of orzo you can use potatoes, 1/2 cup rice or 1 cup elbow macaroni. Use hot water if more liquid is needed.

CHICKEN SOUP WITH EGG-LEMON SAUCE
(Soup Avgolemono)

1 *whole chicken*
1 *onion*
1 *stalk celery*
1 *small carrot, optional*
3/4 *cup rice*

Place chicken in kettle, cover with water and add onion, celery and carrot if used. Cover and simmer until tender. Remove chicken and strain broth. Return broth to kettle, and when boiling, add rice and simmer until rice is done, about 20 minutes. There should be about 8 cups broth.

EGG-LEMON SAUCE:

3 *eggs*
juice of 2 lemons

Beat eggs until fluffy and gradually beat in lemon juice. Add 2 cups of the hot broth slowly to the egg-lemon mixture, beating constantly. Slowly stir this mixture into the remaining rice-broth soup and stir to blend. Return to low heat for about 3 minutes, stirring constantly. Do not boil.

Option: The yolks only may be used instead of the whole egg. Proceed as above.

Variations: Very thin noodles may be substituted for the rice. Any meat stock may be used instead of chicken with rice or noodles. The stock may be thickened slightly with flour or cornstarch for a thicker soup before making the egg-lemon sauce.

FISH SOUP
(Psarosoupa Avgolemono)

2	*lbs. fish fillets*	1/2	*cup rice*
1	*onion, chopped*	2	*eggs, separated*
1	*carrot, chopped*	1/2	*cup lemon juice*
2	*stalks celery, chopped*		*Salt & pepper to taste*

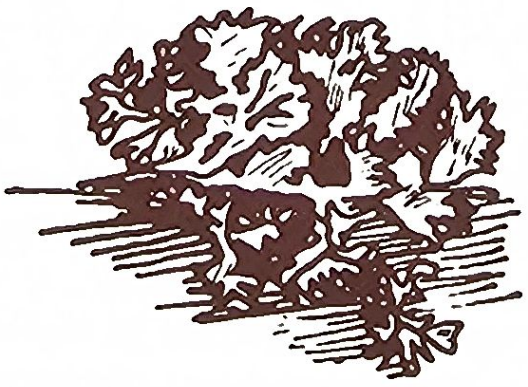
Wash fish well and cut in pieces. Place in pot and cover with water. Bring to a boil. Lower heat and simmer about 15 minutes. Remove fish and strain the broth. Bring back to a boil. Add vegetables and rice, simmer until cooked. Beat egg whites in bowl until stiff. Add egg yolks to beaten egg whites and continue to beat. Add lemon juice, beat well again. Add hot broth a little at a time to egg mixture until almost all is used. Return to pot, stirring constantly. Remove from heat, add fish to soup and serve.

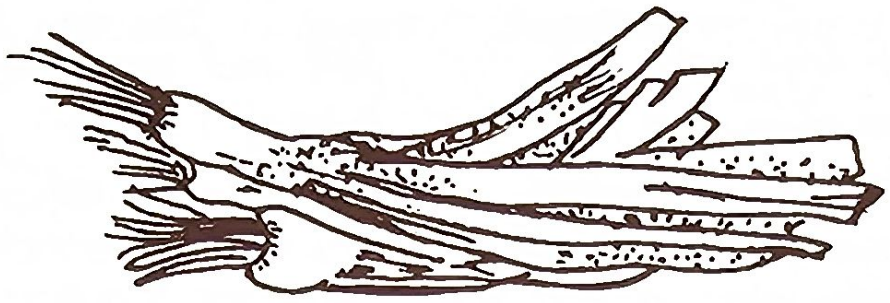
LAMB RICE SOUP

2 1/2	*lbs. lamb neck stew*	1	*cup celery, minced*
3	*bunches scallions, minced*		*Salt and pepper to taste*
3	*tbsp. fresh parsley, minced*	1/2	*cup long grain rice*
1/2	*cup fresh dill, minced*		

Rinse neck bones and trim excessive fat. Place in large kettle with 10 cups of water. Bring to a boil and remove all foam that appears while boiling. Add vegetables and simmer for 2 1/2 hours. Add salt, pepper and rice and simmer for an additional 25 minutes or until rice is cooked.

Option: Prepare with Avgolimono as directed in Fish Soup.





LEEK SOUP

3 *leeks*
4 *tbsp. butter*
3-4 *med. potatoes, quartered*
Salt to taste
6 *cups of water*
1/3 *cup hot milk*
1/2 *cup parsley*
2 *egg yolks*
6 *tbsp. cream*

Slice the white parts of the leek and cook in 1 tablespoon butter for a few minutes. Add potatoes and 6 cups of water and salt. Cook until potatoes are tender. Work mixture through sieve. Add a little milk to thin mixture if needed. Return soup mixture to pot. Beat egg yolks with cream. Add 3 tablespoons butter and parsley and add to soup mixture. Serve.

LENTIL SOUP
(Fakl)

1 8 *oz. pkg. lentils*
1/2 *cup olive oil*
1/2 *cup diced carrots*
1 *cup diced celery*
3 *tbsp. diced parsley*
Salt and pepper to taste
1 *large onion, chopped or use chopped scallions*
1 *large tomato chopped fine*
2 *garlic cloves, minced*
1 6 1/2 *oz. can tomato sauce*

Wash lentils well. Place in large sauce pan and fill saucepan half full of water. Bring lentils to a boil and lower heat to medium. Let simmer for an additional 15 minutes. Add all other ingredients. Stir well and continue to cook until lentils and vegetables are cooked. Add additional water if needed. When serving you can add 1 teaspoon of vinegar to each serving. For variety, 15 minutes before lentil soup is cooked add 1/2 cup noodles and cook until lentils and noodles are done.

SPLIT PEA SOUP

1 1/2 - 2 *cups dried split peas*
1 *medium onion, diced fine*
1 *stalk celery, finely chopped*
7 1/2 *cups meat stock or water*
Salt and pepper to taste
Juice of 1 lemon
1/4 *cup olive oil*

Wash split peas and let soak overnight in cold water. Drain water and put split peas in a Dutch oven. Add water, celery, onion. Bring to boil and remove scum. Add salt, pepper and olive oil. Let simmer for 1 to 1 1/2 hours or until split peas are well cooked. Serve in soup bowls. Add 1 teaspoon of lemon to each serving or more to taste.

SPINACH & YOGURT

1 *lb. fresh spinach, chopped or 1/2 lb. frozen spinach*
1 *onion, chopped*
3 *tbsp. olive oil*
3 *scallions, finely chopped*
3/4 *cup rice, washed & drained*
5 *cups water*
2 *cups yogurt*
1 *garlic clove, crushed*
Salt and pepper to taste

Wash spinach well. Saute onions in oil in large saucepan until almost golden. Add spinach and stir. Add scallions and rice. Cover with 5 cups water. Add salt and pepper and simmer till rice is cooked. In meantime beat yogurt with garlic. Add to soup beating well. Heat, but do not boil again or it will curdle. Serve hot.

TAHINI SOUP
(Tahinosoupa)

3 *pints of cold water*
1 *tsp. salt*
1/2 *cup pasta*
1/2 *cup tahini or peanut butter*
3 *tbsp. lemon juice*
Pepper

Bring the water to boil. Add salt, pasta and simmer for 10 minutes. Remove from heat. In a bowl beat tahini or peanut butter and 1/2 cup water. Pour into soup stirring constantly. Add lemon juice and pepper. Cook for 10 minutes and serve.

TRAHANA

2 *qts. milk, sour milk, or yogurt*
1 *tbsp. salt*
Semolina or farina (enough to make stiff dough)

Put in large bowl milk, sour milk, or yogurt and salt. Add enough semolina or farina to make stiff dough. Take small pieces of dough, the size of a golf ball and flatten. Put onto a tablecloth. Turn every few hours to dry slightly. Cut to small pieces and let dry enough to crumble, by rubbing between hands. Let crumbled trahana dry thoroughly on tablecloth for 4 to 5 days in cool place. Store in jar with tight lid or in zip lock plastic bags.

TRAHANA SOUP

8 *cups of water or stock*
1 *cup trahana*
2 *tbsp. butter*
2 *tbsp. fresh parsley, chopped*
Salt and pepper to taste

Boil water or stock in saucepan. Add trahana, salt, pepper, and cook over low heat for 30 minutes. Add butter and serve sprinkled with parsley.

Variation: Use 6 cups water or stock and add 2 cups tomato juice.

VEAL WITH CRACKED WHEAT SOUP

1 1/2 *lbs. veal neck stew*
7 *cups cold water*
2 *carrots, whole*
1 *large onion, whole*
1 *cup Bulgur (cracked wheat)*
1/8 *cup finely chopped parsley*

Wash stew meat and bring to boil in kettle. Remove scum. Add carrots, onion, salt and pepper and simmer over low heat for 2 hours or until meat is tender. Remove vegetables and bones from meat. Put meat back in kettle and add Bulgur Garnish with parsley. Vegetables can be served as a side dish.

VEGETABLE SOUP

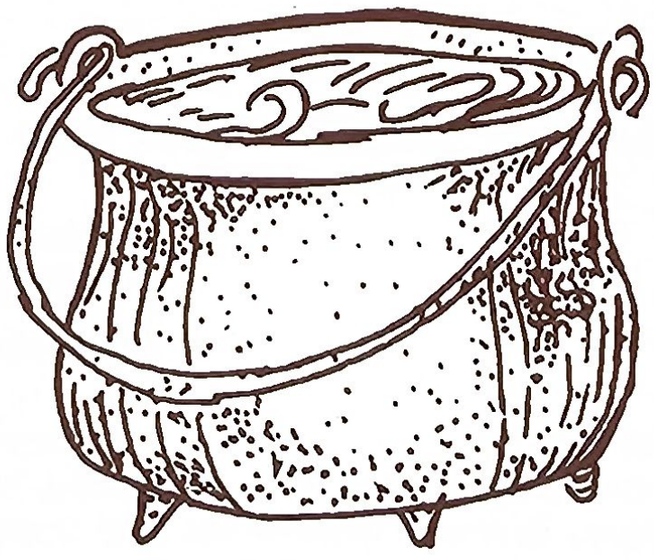
4 *cups beef stock*	1 *potato, diced*
2 *carrots, diced*	1 *tsp. parsley*
1 *onion, chopped*	1/2 *cup cabbage, shredded*
1/2 *cup peas*	*Salt and pepper to taste*

Bring beef stock to a boil, lower heat, add all ingredients, cover kettle, and simmer for 40 minutes. Serves 5.

ZUCCHINI AND TOMATO SOUP

4 *zucchini, diced*	1 *garlic clove*
2 *medium tomatoes*	5 *cups stock*
1 *tbsp. butter*	1/2 *cup rice*

Melt butter in a large pan and add garlic. Cook garlic for a few minutes and discard. Saute zucchini in butter till golden brown. Chop tomato and add to above. Let simmer for a few minutes. Add stock and bring to a boil. Stir in rice and cook until rice is done. Serve with Parmesan cheese.



Salads

ARTICHOKE SALAD
(Aginares Salata)

2 *med. carrots, sliced thin*
3 *large onions, chopped*
4 *large potatoes, peeled and quartered*
3 *whole scallions, chopped fine*
Salt and pepper to taste
1 *tbsp. fresh dill, minced*
1/3 *cup olive oil*
3 1/2 *tbsp. lemon juice*
2 *tbsp. flour*
9 *ounce package frozen artichoke hearts*

In a large saucepan place first six items. Add barely enough water to cover and bring to a boil. Lower heat and cook for 25 minutes. Beat olive oil, lemon juice and flour well. Pour over vegetables and cook over low heat for 7 minutes until sauce is slightly thickened. Add artichoke hearts and bring to a boil. Reduce heat. Cover pan and simmer for 8 minutes. Chill.

BEAN SALAD

1/2 *lb. navy beans*
1/2 *cup oil*
1/4 *cup lemon juice*
1 *onion, sliced*
1 *cup celery, chopped*
1 *tsp. parsley*
Salt & pepper to taste

Rinse beans, place in kettle and cover with water. Bring to a boil. Lower heat and cook beans about one hour or until tender. Rinse well and place beans in a bowl. Add rest of ingredients and mix well. Chill and serve.

BULGAR SALAD
(Taboull, cracked wheat)

- 3/4 *cup bulgar*
- 1 *cup boiling water*
- 1/3 *to* 1/2 *cup fresh lemon juice*
- 1/4 *cup olive oil*
- 1 1/2 *tsp. dried mint leaves*
- 1/4 *tsp. salt*
- 1/2 *cup finely chopped fresh parsley*
- 1/2 *cup fresh minced scallions*
- 2 *med. size tomatoes, chopped*
- *Lemon slices for garnish*
- 3 *garlic cloves, minced*
- 1/4 *tsp. ground pepper*

Mix lemon juice, oil, mint leaves, salt and pepper. Put bulgur into a medium-sized heat proof bowl and pour boiling water over it. Let stand 10 minutes till all water is absorbed. Squeeze out excess water. Stir gently to separate grains. Mix dressing and pour on bulgar to coat. Add parsley, onions and tomatoes and toss again. Add more lemon if desired. Mound on platter and garnish with lemon slices. Keeps well for several days in refrigerator. Makes 3 1/2 cups.

Variation: Serve stuffed into pita bread pockets with lettuce, cucumbers and yogurt on the side or as an accompaniment to kabobs.

CABBAGE SALAD
(Lahanosalata)

- 1 *med. cabbage, shredded*
- 1 *tbsp. salt*
- 1/2 *tbsp. sugar*
- 1 *tbsp. vinegar*
- 2 *tbsp. olive oil*

Put shredded cabbage in a bowl and rub salt and sugar into cabbage with hands. Add vinegar and oil, toss and serve.

CRABMEAT SALAD
(Kavourosalata)

6 1/2 *oz. can drained crabmeat*
1 *boiled egg, chopped*
1 *med. potato, boiled*
1 *tbsp. scallions*
2 *tsp. lemon juice*
4 *tbsp. mayonnaise*
Salt and pepper to taste

Mix all ingredients together. Chill and serve.

EGGPLANT SALAD
(Melitzana Salata)

2 *eggplants*
3 *onions, sliced*
1 *garlic clove, minced*
2 *tsp. parsley, minced*
1/2 *cup oil*
1/4 *cup wine vinegar*
Salt and pepper to taste

Bake eggplants wrapped in aluminum foil in 350 oven about 1/2 hour or until tender. Remove from oven, cool a little, dip in cool water, and peel skin. Puree the eggplant with a fork. Add rest of ingredients and mix well. May be served as a dip or side dish with roast meat or fish.

FETA-POTATO SALAD

3 *cups cooked, diced potatoes*
1 *tbsp. green pepper, chopped*
1/2 *cup chopped celery*
2 *tbsp.. onion, minced*
1 *cup feta cheese, crumbled*
1 *cup mayonnaise*
1 *tsp. salt*
1/8 *tsp pepper*
2 *tbsp. lemon juice*

Combine potatoes, celery, green pepper and onion. Chill. Blend mayonnaise, seasonings, and lemon juice. Mix with potato mixture, add feta cheese. Toss lightly. Makes 6 servings.

GARBANZO BEAN SALAD
(Roulthia Salata)

- 4 *tomatoes, peeled & minced*
- 2 *med. onions, minced*
- 1 *can of garbanzo beans,drained*
- 2 *med. cucumbers, peeled and cut in 1/2 in. pieces*
- 1/2 *cup black olives, pitted and sliced*
- 2 *garlic cloves, minced*
- 2 *tsp. salt*
- 1/8 *tsp. pepper*
- 2 *tsp. oregano*
- 1/2 *cup salad oil*
- 3 *tbsp. vinegar*
- 1/2 *cup breadcrumbs*

Several hours before serving combine tomatoes, onions, garbanzo beans, cucumbers, olives, garlic, parsley and oregano. Stir in olive oil, vinegar, salt, pepper and bread crumbs. Cover and refrigerate. Stir a couple of times while in refrigerator. Serve chilled.

GREEK SALAD I

- 4 *cups Salad Greens (escarole, romaine, chicory or other greens torn into bite-size pieces)*
- 4-8 *radishes, sliced*
- 8 *black olives, or more*
- 1 *red onion, peeled and cut into rings*
- 1 *small green pepper, cored, seeded and cut into thin rings*
- 4-8 *tomato wedges or cherry tomatoes*
- 8 *flat anchovy fillets*
- *Salt*
- *Fresh ground pepper to taste*
- 3 *tbsp. lemon juice or vinegar, according to taste*
- 6-11 *tbsp . olive oil*

Pour a little salt into a salad bowl. Using a clove of peeled garlic, rub the salt into the surface of the bowl. Add the green and all other ingredients and toss.

GREEK SALAD II

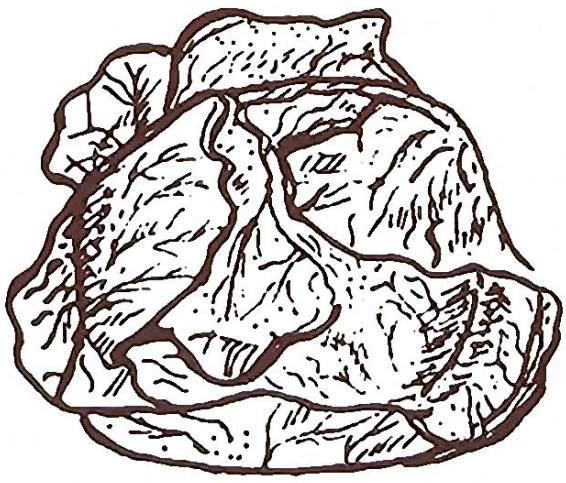
- 1 *head lettuce broken into small pieces*
- 1 *large onion, sliced*
- 1 *cucumber, cleaned sliced*
- 1 *green pepper, sliced*
- 3 *tomatoes, quartered*
- 4 *radishes, sliced*
- 1 *tsp. salt*
- 3 *tbsp. wine vinegar*
- 1/3 *cup oil*
- 1/4 *lb. Feta Cheese, crumbled*
- 8 *anchovies*
- 10 *Kalamata olives*
- *Dash of pepper & garlic salt*

Combine first seven ingredients. Add vinegar and oil and toss lightly. Garnish with Feta , anchovies, and olives. Serves 8.

GREEK SPINACH SALAD

- 1 *lb. fresh spinach, finely sliced*
- 1 *cucumber, peeled & sliced*
- 3 *hard boiled eggs, cut in wedges*
- 1/2 *cup Feta cheese, crumbled*
- *Salt & pepper to taste*
- 3 *tbsp. salad oil*
- 1 1/2 *tbsp. lemon juice*
- 1 *tbsp. dill, minced*
- 1 *tbsp. mint leaves, minced*
- 2 *tbsp. wine vinegar*

Wash spinach thoroughly and drain leaves. Slice into 1 inch strips. Add cucumbers, mint and dill. Sprinkle with lemon juice, oil and vinegar, salt. Mix well. Add on top of salad hard boiled eggs and feta cheese. Mix gently and serve.



LENTIL SALAD
(Faki Salata)

- 1 *cup dried lentils*
- 1 *medium onion*
- 1 *bay leaf*
- 1 *tsp. salt*
- 2 *tbsp. olive oil*
- 1 *tbsp. vinegar*
- 2 *tbsp. yogurt*
- 1 *tsp. dill (chopped)*
- 1/2 *garlic clove, minced*
- 1/4 *cup sliced onions*
- 3 *firm tomatoes, sliced*
- 2 *tbsp. chopped parsley*

Combine lentils, onion, bay leaf, and salt in 3 cups of water. Bring to a boil and simmer until tender (approx. 40 min.). Drain and discard onion and bay leaf. Mix together oil, vinegar, yogurt, dill , garlic and sliced onion. Add lentils and toss gently to combine. Place in serving dish and garnish with slice dtomatoes and parsley. Place in serving dish and garnish with sliced tomatoes and parsley.

POTATO SALAD
(Potato salata)

- 2 *lbs. potatoes (4 med.)*
- 1/4 *cup olive oil*
- 2 *tbsp. white vinegar*
- 2 *tbsp. lemon juice*
- 1 *tbsp. chopped parsley*
- 1/4 *cup finely minced onion or scallions*
- *Salt & pepper to taste*
- 2 *tsp. dill, optional*

Boil potatoes in their skins until tender. Drain, peel and quarter then cut into thin slices. While still warm pour olive oil, vinegar and lemon juice over them and toss well to coat all slices. Add rest of ingredients and toss again to mix well. Serve warm or chilled.

RICE SALAD
(Salata Me Rizi)

- 3 *tomatoes*
- 2 *green peppers*
- 1/2 *tsp. dry mustard*
- *Salt and pepper to taste*
- 2 *tbsp. olive oil*
- 1 *tbsp. wine vinegar*
- 2 *cups cooked rice*
- 2 *tsp. fresh dill, minced*

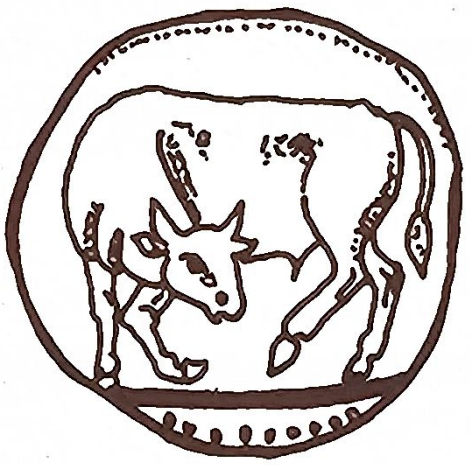
Peel and slice tomatoes. Cut green peppers in strips. In salad bowl dissolve mustard with 1 teaspoon water. Add salt and pepper and olive oil. Mix well and add vinegar, tomatoes, peppers, and rice. Toss well and let stand in refrigerator for approximately 1/2 hour.

TOMATO SALAD
(Horiatiki Salata)

- 4 *tomatoes, quartered*
- 2 *cucumbers, cleaned and sliced*
- 1 *onion, sliced*
- 1/4 *tsp. oregano*
- 2 *tbsp. oil*
- 1 1/2 *tbsp. wine vinegar*
- *Salt and pepper to taste*
- 1/3 *cup Feta cheese*

Combine first four ingredients and toss in salad bowl. Add vinegar, oil, salt, pepper, and toss gently. Garnish with Feta.

Meats



Ground Meats

MEATS

FREEZER STORAGE TIME CHART

	MONTHS		MONTHS
Beef, fresh	6-12	Corned beef	2
Veal & Lamb, fresh	6-9	Left over cooked meat	2-3
Pork	3-6	Meat pies	3
Ground beef, veal, lamb	3-4	Stews	3-4
Ground pork,	3-4	Prepared meat dinners	2-6
Sausage, fresh pork	2	Ducks	10
Frankfurters	1	Chicken	8
Bacon	1	Turnkey	9
Smoked ham	2	Pies	2-3
Ham slices	2		

TIPS ON SELECTING MEATS

When selecting meat:

LAMB: Pink meat and pinkish fat indicates a young spring lamb. Red meat indicates mutton

PORK: Grayish pink meat indicates a younger animal. Rose meat indicates an older animal..

BEEF: Fresh red color marbled with fat indicates tender meat from a young animal.

VEAL: The lighter the meat the younger the veal and the more tender.

TENDERIZING MEAT

Grinding, pounding with a wood mallet. Braising, poaching or steaming meat at low temperature for long periods of time will make meat tender, juicy and more flavorable. Marinating meat. Adding tomatoes, vinegar, lemon juice, wine, sour cream or yogurt.

BEEF AND ONION STEW
(Stifatho)

3 *lbs. beef chuck*
3 *lbs. small onions peeled, whole*
1/2 *cup olive oil*
1 *small can tomato paste, diluted in 1 cup water*
1 *can tomato sauce*
1/2 *cup vinegar*

SPICE BAG;

1 1/2 *tsp. pickling spices*
2 *garlic cloves*
3 *bay leaves*
1 *tsp. sugar*

Heat olive oil in Dutch oven or large pan. Add cubed meat stirring frequently until meat is browned. Add all ingredients except spice bag. Cover, bring to a boil, lower heat, simmer 2 1/2 - 3 hours. Make a spice bag from 4 inch square of light cloth. Add spice bag last hour of cooking time. Discard spice bag when done. Serve as a meat or over rice or with crusty bread. This recipe can be used for game meat or poultry.

BEEF LIVER
(Sikoti Tighanits)

4 *slices beef liver, cut 1 1/2 inch pieces*
1 *green pepper, chopped*
4 *garlic cloves, chopped*
1 *med. onion, chopped*
4 *sprigs of parsley, minced*
4 *tbsp. olive oil*
3 *tbsp. Worcestershire sauce*
Salt and pepper to taste
1/2 *cup red wine*

Heat olive oil in frying pan. Add green pepper, garlic, onion, parsley and simmer until slightly cooked. Add the liver pieces. Stir well and add wine. Simmer until liver is cooked. Add Worcestershire sauce, stir and cook for a couple of minutes. Serve.

MEAT WITH CHESTNUTS
(Kreas Me Kastana)

2 *lbs. chestnuts, boiled and cleaned*
4 *lbs. beef or veal boneless cubes*
2 *cups water*
2 *med. onions, finely chopped*
4 *tbsp. butter*
Salt and pepper to taste

Wash meat with cold water and pat dry with paper towel. Heat butter and brown onions. Add meat and brown. Add water, salt and pepper. Simmer until meat is tender. Add chestnuts and continue to cook until chestnuts are soft. Note: If chestnuts are not available, use potatoes.

ROAST BEEF WITH MUSHROOM STUFFING
(Mouskari Rollo)

12 *lb.-3 rib roast boned but not tied*
1/2 *cup salad oil*
1/2 *cup burgundy*
1 *garlic clove, crushed*
3/4 *cup fresh mushrooms, chopped fine*
1/2 *cup chopped green pepper*
1/2 *cup bread crumbs*
1 *can condensed beef broth, undiluted*
Salt and pepper to taste

Wash roast and wipe with damp cloth. Make marinade sauce by combining oil, burgundy, garlic. Place roast in bowl and pour marinade over it. Cover and refrigerate overnight. Make sure to turn roast at least twice while it is marinating. Remove roast from marinade and place in roasting pan on rack. Lay beef flat (fat side down). Make stuffing with mushrooms, green peppers, breadcrumbs and beef broth. Mix well. Lay stuffing on the lean flat surface of roast within a half-inch of end. Carefully bring the two ends together and secure with skewers and lace twine. Turn roast to fat side up and roast for 4 1/2 hours at 350 degree oven. Baste occasionally with reserve marinade.

TRIPE WITH CHICKEN BROTH

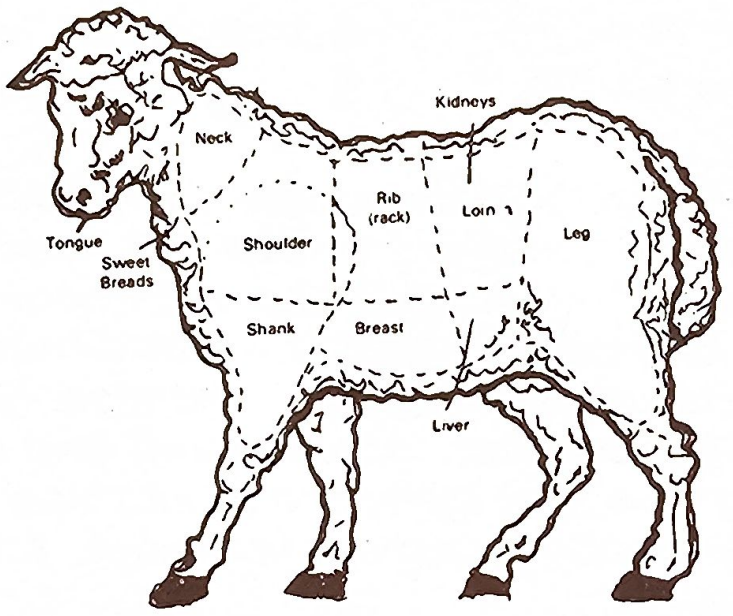
1	*lb. tripe, cut into bite size pieces*
1	*tsp. salt*
1/2	*tsp. pepper*
2	*tbsp. butter*
1	*tbsp. flour*
2	*cups chicken broth*
1	*tbsp. parsley, minced*
3	*tbsp. lemon juice*
3	*egg yolks*

Wash tripe and place in large saucepan. Cover with water. Add salt and bring to a boil. Cover and simmer for 2 hours or until tripe is tender. Drain and set aside. In a saucepan heat 1 tablespoon butter. Add flour and cook for 1 minute stirring constantly. Stir in chicken broth. Add salt and pepper. Add tripe. Bring to a boil continuing to stir occasionally. Lower flame and simmer for 30 minutes. Beat egg yolks very lightly and stir into tripe mixture stirring constantly until well blended. Remove from heat. Add lemon juice and parsley and serve.

LAMB WITH BEANS
(Arni Me Fasolia)

2	*lbs. boneless lamb stew meat*
2	*cups dried beans*
2	*tbsp. salad oil*
1	*garlic glove, minced*
2	*cups water*
2 1/2	*tbsp. tomato paste*
	Salt and pepper to taste
	Pinch of thyme
2	*tbsp. parsley, minced*
1	*tbsp. flour*

Soak beans overnight. Cook in salted water for 35 minutes. Drain well. Brown lamb in oil in a pot. Add flour and stir until flour turns brown. Stir constantly. Add garlic and cook for an additional 2 minutes. Add water, tomato paste, salt, pepper, thyme, and parsley. Bring to a boil. Cover and simmer for 45 minutes. Add beans and simmer on low heat for 45 minutes. Serve hot.



LAMB FRICASSEE
(Arni Me Avgolemono)

- 3 *lbs. lamb stew*
- 5 *med. potatoes, peeled and cut in halves*
- 6 *medium onions, peeled whole*
- 3 *carrots*
- 3 *stalks of celery, cut into pieces*
- 3 *tbsp. dill, minced*
- 3 *tbsp. lemon juice*
- 3 *eggs, slightly beaten*

Wash lamb. Place in Dutch oven and saute until lightly brown. Add water and bring to boil. Lower heat and simmer for 1 1/2 hours until lamb is almost tender. Scrape carrots and cut into 1 in. pieces. Add all the vegetables except the potatoes to the pot and cook 10 minutes. Add potatoes and simmer for an additional 15 or 20 minutes until the potatoes are cooked through. Lower heat. Beat eggs with lemon juice in a medium bowl. Very slowly add 1 cup hot broth from pot, continuing to beat while pouring in the broth. Add the egg-lemon mixture slowly into the pot, stirring constantly. Do not boil.

LAMB FRICASSEE WITH GREEN ONIONS

2 *lbs. lamb shoulder, cut in pieces*
2 *tbsp. butter*
2 *bunches green onions*
1 1/2 *tsp. salt*
Dash of pepper
2 *tsp. chopped dill*
1 *cup water*

Wash meat, place in deep saucepan over moderate heat stirring constantly. When juices are absorbed, lower heat, add butter, seasonings, and brown meat well. Add green onions, cover, cook over low heat until onions are soft. Add water, continue cooking slowly 1 1/2 -2 hours or until done. Serve with egg-lemon sauce.

EGG-LEMON SAUCE:

Beat 2 eggs well, add juice of 1 lemon, continue beating. Pour some of the hot liquid slowly into the egg-lemon mixture, beating the mixture as you do. Return to sauce pan over the meat. Remove from heat. Serves 5.

LAMB KIDNEYS WITH WINE
(Arnisia Nefra Tiganita)

6 *lamb kidneys*
1 *large sliced onion*
2 *tbsp. butter*
1 *pt. boiling water*
1 *tsp. oregano*
1/2 *cup red wine*
Salt & pepper to taste

Wash kidneys and remove outer membrane and fat. Cut kidneys into 1/2 inch slices. Cover with cold salted water. Allow to stand for 1 hour. Drain. Boil for 5 minutes and drain thoroughly. Melt butter in frying pan. Add onions and kidneys, saute for 5 minutes or until cooked, stirring occasionally. Add salt and pepper. Add wine and oregano. Serve hot.

LAMB WITH OKRA
(Arni Me Bamies)

- 1 1/2 *lbs. fresh okra*
- 1/2 *cup vinegar*
- 2 *lbs. lamb stew*
- 2 *tbsp. butter*
- 1 *large onion, chopped*
- 1 1/2 *tbsp. tomato paste*
- *Salt & pepper to taste*

Wash okra and cut off stems without cutting into flesh. Place okra in a bowl and sprinkle with vinegar. Set aside for 1/2 hour. Wash lamb and trim fat. Place in a pot with butter and saute. Add tomato paste and stir well. Add enough hot water to barely cover meat. Add salt and pepper. Cover and simmer for 2 hours or until meat is tender. Rinse okra well in cold water and pat dry with paper towel. Add to pot and cover. Let simmer gently for 15 to 20 minutes until okra is cooked.

LAMB SHANKS

- 4 *lamb shanks*
- 2 *medium onions, sliced*
- 1/2 *cup celery, chopped*
- 4 *garlic cloves, minced*
- 4 *tbsp. oil*
- 1 *15 oz. can crushed tomatoes*
- 1 *bay leaf*
- 1 *tsp. oregano leaves*
- *Salt & pepper to taste*
- 1/4 *cup red wine*

Clean shanks of skin and fat. Place in baking pan and bake at 350 degrees for 30 minutes to release fat. Pour this off. Sprinkle lamb with salt and pepper and set aside. While lamb bakes saute the onion, celery, and garlic in oil until soft. Add crushed tomatoes, bay leaf and oregano and mix well. Add wine. Pour this over the drained shanks, cover and bake 1 1/2 hours until lamb is tender. If liquid evaporates, add small amount of water. Great served with rice, pasta or mashed potatoes.

LAMB WITH SPINACH AVGOLEMONO
(Arni Me Spanaki Avgolemono)

3 *lbs. shoulder lamb (cut all excess fat off)*
2 *tbsp. olive oil*
3 *med. onions, chopped*
Salt & pepper to taste
1/2 *cup of water*
2 *lbs. spinach, cut up*
1 6 1/2 *oz can tomato sauce*

Cut lamb in pieces or use lamb stew. Brown lamb, onions in olive oil. Add tomato sauce. Stir a couple of times and add water, salt, pepper. Bring to a boil. Lower heat and simmer for 1 1/2 hours. Wash spinach thoroughly and add to pot. Cook for 10 minutes.

Avgolemono Sauce:

2 *eggs*
3 *tbsp. lemon juice*
Broth

Beat eggs well. Add lemon juice a few drops at a time and continue to beat while doing so. Take some of the broth from the above pot and very slowly add to the egg mixture constantly beating. Pour into pot and stir to mix.

LAMB WITH STRING BEANS
(Arni Yahni Me Freska Fasoulakia)

Use basic recipe for lamb stew substituting 1 28 oz. can of whole tomatoes (crushed) for the tomato paste.

1 1/2 *lbs. String beans*
2 *tsps. dried mint, if fresh mint is available, a good handful, minced, is preferred.*

String and halve the beans. Parboil them for 10 minutes in boiling water. Drain and add to the hot lamb stew. Should the stew need thinning, use some of the liquid the beans were parboiled in. At the same time, add either the dried or fresh mint. Simmer until beans are done.

When serving, a generous squirt of fresh lemon juice adds zip to the dish.

LAMB STEW
(Arni Yahni)

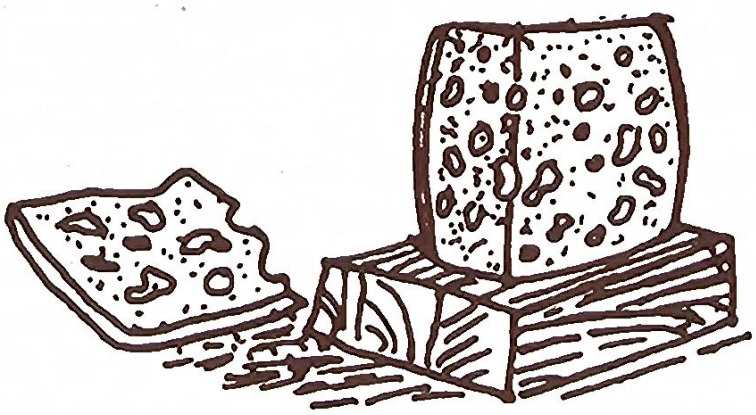
2 *lbs. boneless lamb cut into 2 inch cubes*
2 *med. onions, chopped*
2 *tbsp. butter with 2 tbsp. olive oil*
2 *garlic cloves, minced*
Salt & pepper to taste
3 -4 *sprigs parsley, chopped*
Dash cinnamon
1 6 *oz. can tomato paste diluted in 2 cups water*
1 *cup dry white wine*

Gently braise lamb cubes, onions, garlic, salt , pepper and parsley in the butter and olive oil. When nicely browned, add the tomato paste, wine and dash of cinnamon. Stir. Lower heat and simmer for 1½ hours.

MANESTRA OR ORZO WITH LAMB OR BEEF

1½ *tbsp. olive oil*
1½ *lbs. of lamb stew (lean) or beef stew*
2 *onions, finely chopped*
1 *garlic clove*
1 *cup tomato sauce*
2 *tsp. salt*
Dash pepper
1 *tbsp. parsley flakes*
4 *cups water*
2 *cups orzo*
Parmesan cheese

Brown meat in oil. Add onions, garlic, salt, pepper, and parsley. Simmer and stir occasionally for about 5 minutes. Add tomato sauce and 2 cups water and bring to a boil. Lower heat and cook for 1 1/2 hours or until tender. Add remaining 2 cups water and bring to a boil. Add orzo. Simmer for 30 minutes. Sprinkle with parmesan cheese and serve.



ROAST LEG OF LAMB I
(Arni Psito)

1 *leg of lamb, 5 to 6 lbs.*
Salt and pepper to taste
3 *garlic cloves, mashed or slivered*
1 *tsp. oregano*
1/2 *tsp thyme*
Juice of 1 lemon
1/2 *cup olive oil*
1/2 *cup melted butter*
1 *cup white wine*
18 *small potatoes, peeled*

Wash and dry the lamb and season with salt, pepper, and rub it well with mashed garlic. You can also place the garlic slivers in slits in the lamb. Rub oregano and thyme on all sides of lamb, sprinkle with lemon juice, pour 1 cup wine and olive oil over lamb, and turn the leg to completely coat it with the juice. Marinate for several hours. Roast lamb at 350 degrees for 1 1/2 hours if you like pink meat; 2 hours for well done meat. Baste frequently with a mixture of white wine and melted butter, adding hot water to the pan, juices as needed. An hour before the roast is done, add small potatoes, sprinkle them with salt and pepper, baste well with pan juices, and turn them while cooking so that they brown evenly. Place lamb on platter surrounded by potatoes . Skim fat from pan juices, adjust seasoning and serve as gravy. If necessary, add a little water to dilute the pan juices.

Variations: The marinated leg is particularly delicious when roasted on a spit over charcoal. The leg of lamb may also be boned and rolled; or a 3 to 4 lb. shoulder, boned and rolled may be substituted. Cook the rolled lamb about 2 hours.

ROAST LEG OF LAMB II
(Bouti Psito)

Wash leg of lamb and place in baking pan. Rub salt and pepper on meat, sprinkle with oregano and juice of one lemon. Also tuck one clove of garlic (or more, if desired) in meat and cook in preheated 325 degree oven for 3 hours. Serve with pilaf or potatoes which may be cooked in meat drippings.

Variation: Slice 2 stalks celery, 1 large onion, and 2 carrots. Place on top and and around leg of lamb. Cover with foil and bake at 350 degrees as above.

ROAST SHOULDER LAMB WITH ORZO
(Youvetsi)

1 *lamb shoulder*
2 *garlic cloves*
Salt & pepper to taste
1/2 *cup onions, thinly sliced*
1 6 1/2 *oz. can tomato sauce*
3 *tbsp. fresh dill, chopped*
5-7 *cups water*
1 *lb. orzo, macaroni, or rice*

Wash lamb. Place in roasting pan, fat side up. Make slits in meat and place garlic cloves in. Salt and pepper meat. Place in oven at 450 degrees for 20 minutes. Reduce oven to 350 degrees. Add 3 cups water and onions. Continue to roast until lamb is cooked. Remove lamb from roasting pan and put in a place to keep warm. Add tomato sauce in 3 cups of hot water and stir bringing to a boil and add this to juice in roasting pan. Stir well. Add orzo, macaroni, or rice. Stir well and cover roasting pan with cover or foil. Place in oven and stir occasionally. Add additional hot water if needed. Remove from oven. Sprinkle with Parmesan cheese and serve with roast.

SOUVLAKI
(Shish-Ke-Bob)

3-4 *lbs leg of lamb, cut in cubes*
1/4 *cup wine*
1/4 *cup lemon juice*
1/4 *cup oil*
Oregano
Salt & pepper to taste
4 *large tomatoes, quartered*
4 *onions, quartered*
4 *green peppers, cut in pieces*

Combine lemon juice, oil, wine, oregano, salt and pepper. Marinate meat overnight, turning several times. Skewer the meat alternately with quartered tomatoes, onions, and pieces of green pepper. Cook over open grill or spit, turning frequently, basting with marinate, until nicely browned. Serve with pilaf.

STUFFED LEG OF LAMB

5-6 *lbs. leg of lamb (deboned) and trimmed a little*
1 *cup Feta Cheese, crushed*
1 *cup Greek Olives, chopped*
1 *cup parsley*
1 *medium onion*
1 *tbsp. oregano*
Salt & pepper to taste
2 *tbsp. butter*
2 *tbsp. lemon juice*
1/2 *tsp. salt*
1/2 *tsp. pepper*
1 1/2 *tbsp. olive oil*
3 *cloves garlic, slivered*

Ask butcher to bone the leg of lamb and tie it, but to leave an opening of 4 inches at the center of the meat. With a damp cloth wipe the meat well to clean. Cut 7 to 8 slits in the fat side of the lamb with a sharp knife. Do not remove skin as the lamb will keep its shape better. In a skillet, saute onions, butter, parsley, oregano, celery, salt, pepper, olives for 10 to 12 minutes. Add the crushed Feta cheese and simmer for 3 minutes or more. Set aside to cool . In a bowl mix well lemon juice, oil, salt and pepper and the clean slivered garlic. Set aside. Stuff the leg of lamb a little at a time. Close the opening with a string, then proceed to rub the lamb on all sides. Insert garlic in the slits. Place fat side up on the rack and bake at 325 degrees until medium well done. Allow 30 minutes per pound. Remove lamb from oven about 1 hour before ending baking time. Remove skin and return to oven and bake for 1 hour and 400 degrees, basting frequently. Serve with small roasted potatoes, 1 or 2 vegetables or rice pilaf and salad. Yields 8-10 servings.

PATSA
(Pigs Feet)

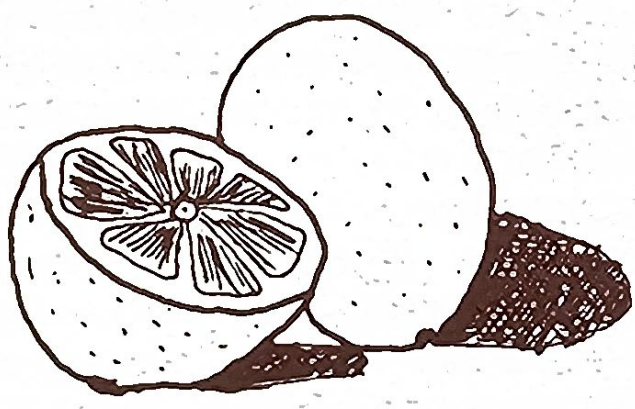
4-5 *pigs feet (medium size)*
3 1/2 *qts. water*
2 *tbsp. pickling spices*
1 *garlic clove*
2 *tsp. salt*
1 *bay leaf*
1 *cup vinegar*

Clean pigs feet thoroughly. Place in pot with water and bring to boil. While boiling skim all froth. When broth is clear add spices, garlic, salt, bay leaf and simmer for approximately 3 1/2 hours. Strain stock into bowl. Bone pigs feet cutting meat in small pieces, and place in broth. Add vinegar and stir. Let cool and put in refrigerator to chill. This will congeal and it can be spooned or sliced to serve.

PORK AND CELERY
(Herino Me Selino Avgolemono)

2½ – 3 *lbs. pork, cubed*
1 *large onion, chopped*
1 *minced garlic clove (optional)*
½ *stick butter*
Salt & pepper to taste
Celery

Brown meat in butter with onions, garlic, salt and pepper. Add enough water to cover meat. Simmer until pork is tender. Meanwhile wash and cut celery, add outer stalks first. When tender, add celery hearts. You may use celery hearts only, if you wish. The hearts are more tender and take less time to cook. Cook till celery and meat are tender. When serving, spoon egg-lemon sauce over pork and celery. See Egg-Lemon Sauce Recipe.



PORK WITH EGG-LEMON SAUCE
(Hirino Avgolemono)

2 or 3 *lbs. pork butt, cubed*
2 *qts. water*
3 *small onions, chopped*
1 *celery, cut in 2 in. sections*
4 *lg. leeks, cut in 2 in. pieces*
3 *eggs*
Juice of 1 lemon
Salt & pepper to taste

Cover pork butts with water, bring to a boil. Remove froth. Add celery, leeks, salt and pepper. Simmer until meat and vegetables are done. Beat eggs well, add lemon juice slowly while beating. Add hot liquid to egg mixture slowly, beating constantly until most of the liquid is used. Combine egg mixture with the pork and remove from heat to a serving platter.

ROAST SUCKLING PIG
(Gourounaki)

- 1 *suckling pig, 5-6 weeks old, cleaned and ready to roast*
- 1 *cup olive oil*
- 1/2 *cup lemon juice*
- *Salt & pepper to taste*
- *Marjoram*

Wash piglet inside and out with cold water . Paper towel dry. Rub inside and out with salt, pepper and marjoram. Pull front legs forward and tie these together. Wedge the mouth open with a small piece of wood and insert spit through the body from head to tail. Rub piglet generously with oil and lemon juice mixture. Roast over a slow charcoal fire for about 4 hours or until the meat is cooked through and tender.

VEAL RAGOUT
(Mouscari Ragout)

- 3 *lbs. veal*
- 12 *small onions*
- 2 *garlic cloves, crushed*
- 1 *bay leaf*
- 1 *cup red wine*
- 3 *tbsp. butter*
- *Salt & pepper to taste*
- *Egg-lemon sauce*

Cut the meat into cubes . Heat the butter in a saucepan. Brown meat and add onions and brown. Add wine, garlic, salt, pepper, bay leaf and enough water to cover. Cover and simmer until gravy is thick and meat is quite tender. If more liquid is required add hot water . Add egg and lemon sauce just before serving. Delicious with rice or potatoes.

RABBIT STEW
(Stefatho)

- 1 *rabbit, cut in serving pieces*
- 2 *med. onions, chopped*
- 2 *cups canned tomatoes*
- 1/2 *cup olive oil*
- 1 *stick butter*
- 3/4 *cup red wine*
- 1/4 *cup vinegar*
- *Salt & pepper to taste*
- 3 *garlic cloves*
- 3 *lbs. small onions, peeled*

Saute rabbit in oil. Add onions, tomatoes, butter, wine, vinegar, salt and pepper and stir. Add onions, garlic and 1/2 cup water. Stir well and let simmer for 1 hour or until done.

EGGPLANT CASSEROLE I
((Moussaka)

1	*large eggplant*	1	*garlic clove, crushed*
1/2	*cup oil*	1/2	*cup parsley, chopped*
1/4	*lb . butter*	1/2	*cup tomato sauce*
1	*lb. ground lamb*	1/2	*cup wine*
2	*onions, chopped*	1	*cup, water*

Wash eggplant and cut into 1/2 inch thick slices. Sprinkle with salt and let stand 10 minutes. Rinse with cold water and pat dry with towel. Place slices together side by side on an oiled cookie sheet. Melt butter and mix with oil and brush tops lightly with some of this mixture. Bake in pre-heated oven at 350 degrees for 10 minutes. Remove and prepare filling. Heat 1 tablespoon butter and oil mixture in frying pan. Cook meat and onions, garlic, parsley, tomato sauce, wine and water for several minutes until meat is browned. Grease the bottom and sides of pan with oil. Lay one layer of eggplant and spread meat filling on eggplant. Add another layer of eggplant and brush with oil and butter mixture. Prepare the white sauce as follows:

WHITE SAUCE:

2	*cups milk*	1/2	*tsp. salt*
1	*tbsp. cornstarch*	4	*eggs, slightly beaten*

Mix milk with cornstarch and salt and bring to a boil. Add eggs slowly stirring constantly. Let simmer until sauce has thickened. Pour over Moussaka. Sprinkle with Parmesan cheese and 1/4 teaspoon of cinnamon. Bake at 325 degrees for 45 minutes. Let cool and cut in squares.

EGGPLANT CASSEROLE II
(Moussaka)

- 4 *medium eggplants*
- 1 1/2 *lbs. ground meat*
- 1 *onion, chopped*
- 1 8 *oz. can tomato sauce*
- 1/4 *cups red wine*
- 2 *cups grated Romano cheese*
- 1/4 *cup oil*
- *Salt & pepper to taste*

Peel eggplants. Slice thin, wash, salt, and let drain 1 hour. Dry with paper towels. Place in greased baking pan and brush with oil; bake in 350 degree oven to brown lightly. Saute onion in skillet, add meat and brown. Drain off liquid. Add red wine and tomato sauce. Put a thin layer of Bechamel sauce in a 13x9 inch baking pan. Cover with a layer of eggplant, sprinkle with grated cheese. Spread meat sauce on top. Sprinkle with more cheese. Add another layer of eggplant and pour Bechamel sauce over the whole pan. Sprinkle with more cheese. Bake at 350 degrees until top is golden.

Bechamel Sauce:

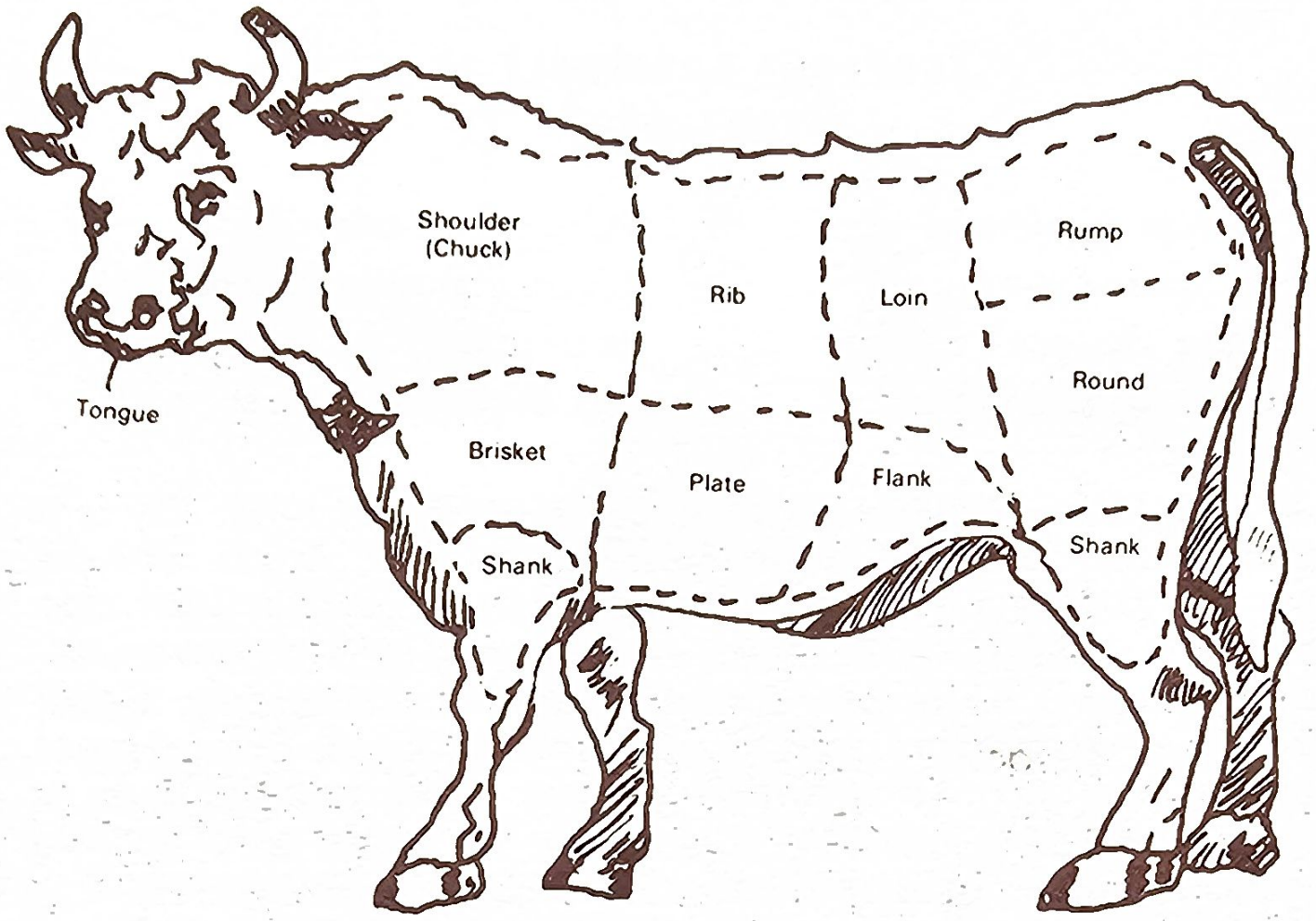
- 1/4 *lb butter*
- 1/2 *cup flour*
- 1 *qt. milk, hot*
- 1/4 *cup grated Romano cheese*
- 2 *eggs, beaten*

Melt butter, add flour, stirring to blend. Gradually add hot milk, stirring constantly. Add grated cheese. Stir until well blended. Add beaten eggs, stir until thick and smooth.

GROUND BEEF & ZUCCHINI SOUFFLE
(Sfogato)

- 1 *lb. lean ground beef*
- 1 *lg. onion, finely chopped*
- 3 *tbsp. butter*
- 1 *small zucchini, cut 1/2 in. cubes*
- 2 *tsp. fresh dill, minced*
- *Salt & pepper to taste*
- 1 *cup water*
- 8 *eggs*
- 1/2 *cup Parmesan Cheese*
- *Tomato sauce*

Saute ground beef and onions in butter. Add zucchini, dill, salt pepper and water. Stir well and simmer until vegetables are tender and meat is cooked. Cool slightly, add cheese. Beat eggs until frothy and add to cooled mixture. Pour into a baking dish and bake at 375 degrees for 30 minutes. Cut into squares and serve hot with tomato sauce.



HAMBURGERS MADE WITH SPINACH & FETA

- 1 1/2 *lbs. lean ground beef*
- 3 *tbsp. crumbled Feta cheese*
- 1/2 *lb. spinach, washed & drained*
- 2 *tbsp. butter*
- 1 *tbsp. chopped dill*
- 1/2 *tsp. salt*
- 1/2 *tsp. pepper*

Cook spinach in boiling water for 3 minutes. Drain and chop very fine. Add ground beef and all other ingredients except butter. Form into hamburger patties. Pat in flour. Melt 2 tablespoons butter and fry until done.

MEAT BALLS
(Keftethes)

- 1 1/4 *lb. ground sirloin*
- 2 *garlic cloves*
- 1/2-3/4 *cup breadcrumbs*
- 1 *tsp. salt*
- *Pepper to taste*
- 1 *med. onion, grated*
- 1/2 *tsp. mint or oregano*
- *Parsley*
- 3/4 *cup water*
- *Oil for frying*

Mix all ingredients well. Form small balls and flatten slightly. Roll in flour. Fry in vegetable oil.

MEATBALLS WITH EGG LEMON SAUCE
(Youvarlakia Avgolemono)

1 *lb. lean ground meat*
2 *eggs, lightly beaten*
1 *tbsp. chopped parsley*
1 *med. onion, grated or minced*
4 *cups water or broth*
1/2 *tsp. salt*
1/4 *tsp. pepper*
1/4 *cup long grain rice*
1/2 *tsp. finely minced mint (optional)*

Mix all ingredients together and set aside. Bring water to boil. Form meat mixture into small meatballs the size of a walnut and drop into boiling water carefully so as not to break up. Reduce heat, cover and simmer 30 minutes till rice is tender. Remove from heat, pour off liquid into saucepan. Add water if needed to make at least 1 1/2 cups. Place meatballs in platter and keep warm.

SAUCE;

2 *eggs*
1/2 *cup water*
2 *tbsp. flour*
Juice of 1 lemon

Mix flour and water and slowly add to broth. Heat to lightly thicken. Beat eggs until thick and frothy. Add a little hot broth to lemon juice and beat well. Add very slowly to broth, stirring constantly to avoid curdling. Pour over meatballs and serve warm.

MEAT BALLS IN WINE SAUCE
(Souzoukakia)

2 *cups fresh breadcrumbs*
2 *lbs. ground beef*
2 *eggs, lightly beaten*
2 *cloves garlic (minced)*
1/4 *cup parsley, chopped*
2 *tbsp. Parmesan cheese*
1 *tsp. ground cumin*
Salt & pepper to taste

Soak breadcrumbs in water. Squeeze to remove excess water. Mix meat, bread, eggs, garlic, parsley, cheese, cumin, salt and pepper until well blended. Form into 2-inch oval shapes. Broil in oven until brown.

SAUCE;

2 *cups tomato sauce*
1 *garlic clove, chopped*
1 *bay leaf*
2 *tbsp. vegetable oil*
1/2 *cup of red wine*
Salt & pepper to taste

Heat oil in sauce pan. Add tomato sauce, garlic, bay leaf, wine, salt and pepper and bring to boil. Add broiled souzoukakia to sauce and simmer for 25 minutes. Serve hot as appetizer or with pasta for main dish.

MEAT PIES
(Bourekia Kima)

PASTRY:

2 1/2 *cups flour*
1 *tsp. salt*
1/3 *cup olive oil*
1 1/2 *tsp. lemon juice*
1/3 *cup water*

FILLING;

1 *lg. onion, finely chopped*
1/2 *stick butter*
1 1/2 *lbs. lean ground chuck*
1/2 *tsp. cinnamon*
1/3 *tsp. nutmeg*
2 *tbsp. parsley*
1 *tsp. salt*
Pepper
3/4 *cup vegetable oil for frying*

Sift 2 cups flour with salt. Add olive oil and mix with fork. Sprinkle with lemon juice. Add water and work to a firm dough. Cover and allow to rest for 1 hour. Saute onion in butter until transparent. Add meat and remaining ingredients except for oil. Cook, stir with a fork for a few minutes. Add 1/2 cup water, cover , cook for 30 minutes then cool. On a floured board roll out dough to 1/8 inch thickness. Cut into rounds 4-5 inches in diameter. Place 2 tablespoons of filling on center of dough. Moisten edges. Fold over and press edges together with fork. Deep fry meat pies in hot oil over medium heat until golden brown. Serve hot.

MEAT SAUCE I
(Kima Salsa)

- 3/4 *lb. lean ground beef*
- 1/4 *lb. ground pork*
- 1/4 *cup olive oil*
- *Salt & pepper to taste*
- 5 *garlic cloves*
- 2 *tsp. parsley*
- 1 *tsp. basil*
- 1 *can tomato juice*
- 2 *tbsp. ketchup*
- 1 *tbsp. tomato paste*
- 1/2 *cup finely chopped onion*

Brown meat. Add olive oil and let simmer for approximately 4 minutes stirring constantly. Add remaining ingredients. Bring to a boil and then lower heat and cook slowly stirring occasionally for 25 minutes. Serve over spaghetti or rice.

MEAT SAUCE II
(Kima Salsa)

- 1/2 *lb. Greek Sausage or Italian if not available*
- 2 *lbs. ground lean beef*
- 1 *cup chopped onion*
- 4 *garlic cloves, minced*
- 1 *6 oz. can sliced mushrooms*
- 1/2 *cup chopped parsley*
- 2 *No. 2 1/2 cans tomatoes*
- 4 *8 oz. cans tomato sauce*
- 2 *6 oz. cans tomato paste*
- 1 *tbsp. oregano*
- 1/2 *tsp. thyme*
- 1/2 *tsp. pepper*
- 1 *tsp. salt*
- 2 *bay leaves, crumbled*
- 1 *tsp. sugar*
- 2 *cups water*

Brown sausage in skillet first and cut into small pieces. In a large, heavy dutch oven, brown the meat lightly. Add onions, garlic and mushrooms. Simmer until onion is transparent. Add the sausage pieces. Add rest of ingredients and simmer for 2 to 2 1/2 hours, covered stirring occasionally. Uncover last half hour to allow sauce to thicken. Serve over pasta with grated cheese. Sauce keeps well refrigerated or can be frozen.

PASTICHIO I

Meat Sauce:

- 2 *lbs. lean ground beef*
- 3 *onions, chopped*
- 2 *garlic cloves, minced*
- 4 *tbsp. butter*
- 1 *tsp. Salt*
- 1/2 *tsp. pepper*
- 1 *4 oz. can tomato sauce*
- 1/3 *cup water*
- *Dash cinnamon*
- 1 *lb. Macaroni, Ziti #2*
- 1 *cup grated parmesan cheese*

Brown meat in butter . Add onions and garlic. Cook until onion is transparent. Add tomato sauce and seasonings and simmer about 25 minutes stirring occasionally.

Cook macaroni until barely tender. Rinse and drain well.

Cream Sauce:

- 6 *cups milk*
- 1 *cup butter*
- *Salt & white pepper to taste*
- 1/2 *cup flour*
- 3/4 *cup water*
- 10 *eggs*

Heat milk and butter to boiling point. Mix flour and water and stir slowly into hot milk. Cook, stirring until sauce thickens. Add salt and white pepper to taste. Remove from heat. Beat eggs well and slowly beat in some to the hot sauce then slowly add back to the hot sauce, stirring all the while. Set aside.

Arrange layers of macaroni and meat sauce in a buttered 11x16x2 inch baking pan, sprinkling each layer with cheese, and about a cup of the cream sauce over each layer, ending with a macaroni layer. Sprinkle with cheese, and a cup of cheese sauce. Add 1/2 cup of grated cheese to the balance of the cream sauce and spread over the top. Bake in a 350 degree oven for 45 minutes or until nicely browned and set. Cool slightly before cutting into serving pieces.

PASTICHIO II

Step 1

2 *lbs. lean ground beef*
3 *onions, chopped*
2 *garlic cloves, minced*
1/4 *lb. butter*
1 *4 oz. can tomato sauce*
1/4 *cup water*
Dash cinnamon or nutmeg

Brown meat in butter and add rest of meat sauce ingredients. Simmer for about 30 minutes. Add salt and pepper to taste. Set aside.

Step 2

1 *lb. macaroni, medium size elbow or Ziti #2*
1/2 *cup butter, melted*
3 *or 4 eggs, well beaten with 1/2 cup milk*
1 *cup Parmesan cheese*

Boil macaroni until barely tender, rinse and drain well. Combine macaroni, butter, salt and pepper, beaten eggs and cheese. Mix well. Then gently mix in the meat sauce. (Do not layer) Pour all into a buttered 11x16x2 inch pan.

Step 3

4 *cups milk*
1/4 *cup butter*
Salt & white pepper to taste
1/2 *cup cold water*
2 *heaping tbsp. flour or cornstarch*
4 *eggs, well beaten*
1/2 *cup grated cheese*

Heat milk and butter to boiling. Mix flour and water until smooth and slowly stir into hot milk. Cook, stirring until sauce thickens. Add salt and pepper to taste. To the beaten eggs, slowly add some of the hot sauce (about 1 cup) and then very slowly add to the hot milk mixture, stirring constantly. Simmer until thick. Add the grated cheese. Mix well. This should be a fairly thick sauce. Pour over the macaroni mixture and bake in a 350 degree oven for 1 hour or until lightly browned and set. Cut into squares after it has cooled a few minutes.

PASTICHIO III

1 *lb. Filo*
1 *lb. elbow macaroni*
1/2 *cup grated Parmesan cheese*
1/2 *lb. Feta cheese*
1 3/4 *lb. ground sirloin or round*
3/4 *lb. butter*
1 1/2 *cup milk (maybe more)*
9-10 *eggs*
1/2 *tsp. cinnamon*
1/2 *tsp. nutmeg*
1 *large onion, diced*
Salt & pepper to taste

Brown meat and onions in a little butter. Boil macaroni until barely tender, about 10 minutes. Drain and rinse in cold water, put aside. Beat eggs, milk grated cheese and seasonings together. In a large bowl, mix macaroni and egg mixture. Add Feta cheese and meat and mix well. Take care not to cut noodles. Line 12x18 inch pan with Filo. Brush with butter. Use about 8-10 sheets. Add mixture and spread evenly. Cover mixture with Filo, using 8-10 sheets, buttering each. Score and partially cut into desired size squares. Bake in 350 degree oven for half hour. Remove, finish cutting squares. Return to oven, cook until Filo is golden in color (about 20-30 minutes). Note: If you wish, make half of recipe, use 9x13 inch brownie pan.

POTATO AND MEAT CASSEROLE
(Patates Moussaka)

1 *lb. ground beef*
1 *lg. onion, chopped*
1/4 *lb. margarine, divided*
1/4 *cup white wine*
1 *tbsp. chopped parsley*
1 *cup tomato sauce*
2 *lbs. potatoes, parboiled*
1/3 *cup grated Parmesan or or Kefalotiri cheese*
Salt and pepper to taste
Pinch each of cinnamon and nutmeg (optional)

In a skillet brown onions in half of butter. Add ground beef and cook for 15 minutes. Add wine, parsley , 1/2 cup of tomato sauce, salt and pepper. If desired add a pinch each of cinnamon and nutmeg. Slice potatoes into rounds, 1/8 inch thick. Place a layer of potatoes in buttered saucepan then a layer of meat sauce. Alternate layers, ending with potatoes. Pour the remaining 1/2 cup tomato sauce diluted in 1/2 cup water, over potato-meat mixture. Sprinkle with grated cheese and simmer for 1 hour. Serves 6.

SEVASTY'S MOUSSAKA

3	*medium eggplant*	1/2	*tsp. oregano*
2	*lbs. ground chuck*	1	*tsp. parsley*
2	*medium onions*	2	*tsp. salt*
1	*large scallion, chopped fine*	1/2	*tsp. pepper*
		2	*tbsp. olive oil*
2	*garlic cloves, minced*	1/2	*cup breadcrumbs*
1	16 *oz. can tomato sauce*	1/2	*cup Parmesan cheese*

Pare and slice eggplant. Sprinkle salt on slices. Place in colander and let drain for approximately 1/2 hour. In a cookie sheet, brush some olive oil. Brush each slice of eggplant lightly with olive oil and place in cookie sheet. Broil until slightly brown on each side. Remove from cookie sheet and place on paper towel to absorb excessive oil. In skillet add olive oil, onion, garlic and simmer for 2 minutes. Add ground chuck and stir 3 or 4 times. Add parsley, oregano, green onions, salt, pepper, and tomato sauce. Cook for approximately 5 minutes. Remove from heat. In a 9x14 inch baking pan, place a layer of eggplant. Then layer all the meat mixture. Put a second layer of eggplant. Sprinkle breadcrumbs and Parmesan cheese. Pour cream sauce and bake at 350 degrees for 45-60 minutes.

CREAM SAUCE:

1	*stick butter*	4	*eggs*
1/2	*cup flour*		*Pinch of salt*
1	*qt. milk*		

Melt butter. Add flour stirring constantly. Add milk slowly while continuing to stir. Add salt. When mixture has almost thickened, beat eggs and add 1/2 cup of the warm milk. Slowly pour the egg mixture into thickened sauce. Cook for approximately 3-4 minutes and pour on top of Moussaka. Sprinkle very lightly with cinnamon.

SPANAKOPASTICHIO

2 *lbs. lean ground beef*
2 *med. chopped onions*
3 *garlic cloves, chopped*
1/2 *tsp. oregano*
1 3/4 *cups tomato puree*
1/2 *tsp. basil crushed (optional)*
3 *tsp. salt*
Pinch of pepper
1 *lg. box lasagna noodles*
1/2 *lb. Feta cheese*
2 *cups cottage cheese*
3 *pkg. thawed chopped spinach*
4 *tsp. Parmesan cheese*
1/4 *lb. butter*
2 *tbsp. olive oil*
2 *eggs*

In a large skillet put 2 tablespoons olive oil. Add onions and garlic, sauteing till transparent. Add beef to the skillet and brown lightly. Add tomato puree, oregano, basil, salt and pepper. Simmer for approximately 7 minutes and then set aside. Cook noodles in slightly salted boiling water until half cooked. Drain. Melt butter and pour over noodles. Mix noodles and butter well. In a medium bowl place cottage cheese, Feta cheese, eggs, salt, pepper and spinach. Mix all these ingredients together. Grease a large baking pan with butter, and layer the following:

Layer of lasagna
1/2 *of the spinach-cottage cheese mixture*
1/2 *of the ground beef mixture*
Remaining spinach-cottage cheese mixture
Layer of lasagna
Remaining ground beef mixture
Parmesan cheese sprinkled lightly

CREAM SAUCE :

1 *stick butter*
1/2 *cup flour*
1 *quart milk*
4 *eggs*
1/2 *tsp. salt*

Simmer butter, add flour stirring constantly. Add quart of milk slowly while stirring. Add salt. When mixture as almost thickened, beat eggs adding 1/2 cup of milk, slowly pour the egg mixture into the thickened sauce. Cook for approximately 3-4 minutes and pour on top of the ingredients in the baking pan evenly. Sprinkle a touch of cinnamon. Bake in 350 degree oven for approximately 1 1/2 hours, or until golden color.

SMYRNA MEATBALLS

1 1/2 *cups ground chuck*
1 *cup breadcrumbs*
2 *garlic cloves, minced*
1 1/2 *tsp. cumin powder (cominos)*
1/2 *tsp. salt*
Dash fresh ground pepper
1/2 *tsp. oregano*
1/4 *cup wine vinegar*

Combine meatball ingredients and form into 2 inch egg shaped meatballs. Place on cookie sheet in 350 degree oven until brown (about 25 minutes). Pour off fat and add meatballs to sauce. Heat in sauce 10 minutes. Serve over rice pilaf, or with pasta. Parmesan cheese can be an optional garnish. For splendid finger food make meatballs smaller.

MEATBALL SAUCE:

2 8 *oz. cans tomato sauce*
1 *tbsp. tomato paste*
1/2 *cup water*
2 *bay leaves*
1/2 *tsp. Lawrey's seasoned garlic*
1 *tsp. sugar or*
1 pkg. low calorie sweetener
1 *tbsp. Worcestershire Sauce*
Salt & pepper to taste

Combine all ingredients above and simmer for 45 minutes.

STUFFED CABBAGE
(Lahanodolmathes)

5 *lbs. cabbage*
1 *lb. ground chuck*
1 1/2 *lbs. ground pork*
1 *egg*
1/2 *cup long grain rice*
1 *tbsp. chopped parsley*
1 *tbsp. chopped dill*
1 1/2 *cups chopped onion*
1/2 *lb. butter*
Salt & pepper to taste

Core cabbage and place in pot of salted boiling water and boil for 5 minutes. Remove outer leaves with tongs as they soften and continue for rest of cabbage. Allow to cool. Trim thick stem from leaves. In a bowl place ground chuck, ground pork, egg, rice, parsley, dill onions, salt and pepper. Place a tablespoon of mixture on each cabbage leaf and roll, making sure sides are tucked into secure mixture. Place cabbage rolls tightly stacked together in a pot. Pour enough water to cover. Add butter in small pieces on top.

Cover with a dish that will fit in pot. Cover pot. Cook for approximately 5 minutes till boiling point, then lower heat and simmer for 30 minutes or until rice is done. Pour off and save broth. Add water if need to make 2 cups.

AVGOLEMONO SAUCE;

3 *eggs*
3-4 *tbsp. lemon juice*
2 *cups liquid from pot*
4 *tbsp. butter*
4 *tbsp. flour*

Separate eggs and beat egg whites. Add egg yolks one at a time and continue beating. Add lemon juice slowly beating as you add juice. Melt butter in saucepan. Add flour slowly stirring constantly to thicken slightly. Add the egg-lemon mixture slowly to the thickened broth. Do not boil. Pour this avgolemono sauce over the cabbage and serve.

STUFFED EGGPLANT I
(Papoutsakia)

6 *medium eggplants*
1/4 *cup butter*
1 *onion, finely chopped*
1 *clove garlic, minced*
1/2 *lb. ground meat*
Salt & pepper to taste
3 *tbsp. chopped parsley*
1/2 *cup tomato sauce*
1/4 *cup rice*
2 *tbsp. pignolia nuts or walnuts*
2 *tbsp. raisins or currents*
Grated cheese
1 *cup boiling water*
Dash cinnamon, optional

Cut eggplant in half lengthwise. Scoop out pulp, leaving a shell 1/2 inch thick. Parboil the shells in salted water for five minutes. Drain well. Melt butter in skillet and in it saute the onions until transparent, add the garlic, stir for a moment then add the meat and saute until browned. Add chopped eggplant pulp, salt, pepper, parsley, tomato sauce and rice. Cook, stirring occasionally until most of the liquid is absorbed and rice is half cooked. Stir in the pignoli nuts, cinnamon and raisins. Fill eggplant shells with mixture and top each with grated cheese. Place in baking dish and pour boiling water in pan and bake in moderate 350 degree oven until eggplants are soft and rice is cooked, about 45 minutes.

STUFFED EGGPLANT II
(Melitzanes Yemestes)

3 *eggplants*
1 *cup chopped green onions*
2 *cloves garlic*
1 *stick butter*
1 *lb. cooked shrimp, chopped*
Breadcrumbs
1/4 *cup chopped onions*
1 *tbsp. thyme*
2 *bay leaves*
2 *cups wet squeeze bread*
3 *eggs, beaten*
Salt & pepper to taste
Paprika & parsley

Split eggplants in half lengthwise and parboil for 10 minutes. Let cool. Scoop out center, leaving 1/2 inch all around, chop scooped out portion. Be careful not to break skins. Saute onions in butter with finely chopped garlic, thyme and bay leaves for 5 minutes, without browning. Add 2 cups wet bread (soak bread in water, squeeze) shrimp and eggplant. Mix together, gradually add eggs. Season with salt, pepper and parsley. Cook 5 minutes stirring constantly. Remove from fire, stuff into eggplant shells. Sprinkle with breadcrumbs and paprika, dot with butter. Bake in preheated 350 degree oven about 20 minutes or until good and hot. Serves 6.

Note: Ham, crabmeat, or cottage cheese may be substituted.

STUFFED GRAPE LEAVES
(Dolmathes)

1 *lb. lean ground beef or*
1/2 *lb. lean ground beef and*
1/2 *lb. ground lamb*
1 *egg, beaten*
1 *lg. onion, chopped*
1/2 *cup uncooked long-grain rice*
1/4 *cup parsley or dill, chopped*
1 *tsp. chopped fresh mint*
Salt and pepper to taste
1 *lg. jar grape leaves*
1 3/4 *cups water*
1 1/2 *cups undiluted beef broth*
2 *eggs, beaten*
Juice of 1 lemon

Mix beef and egg. Add onion, rice, parsley, mint leaves, salt, pepper and 1/4 cup water. Rinse grape leaves in warm water thoroughly. Place a spoonful of meat mixture on a leaf, making sure the shiny side is down, and roll; folding ends in as you go to seal in mixture. Place folded side down in saucepan, making more than one layer if necessary. Add beef broth and 1 1/2 cups water . Cover and simmer 45 minutes. (See Egg-lemon sauce on next page.)

Egg-Lemon Sauce:

2 *eggs, beaten* — *juice of 1 lemon*

Beat eggs, add lemon juice. Slowly add some of the hot broth to eggs while continuing to beat. Stir egg mixture in remaining broth. Cover, allow to stand 5 minutes (off the heat) to thicken. Pour over Dolmathes. Serves 6.

STUFFED GREEN PEPPERS
(Pepperyes Yimistes)

7 *med. sized green peppers*
3/4 *lb. lean ground meat*
1 16 *oz. can tomato sauce*
3 *tbsp. chopped dill*
2 *tsp. chopped mint leaves*
1/2 *cup long grain rice*
Salt and pepper to taste
2 *tsp. Parmesan cheese*
3 *tbsp. butter*
1 *cup water*

Wash peppers. Cut half inch from the top and remove seeds and core. Save tops for covering peppers after they have been stuffed. Parboil peppers and tops in slightly salted boiling water for about 3 minutes and drain well. In a skillet put butter and onions. Saute until onions are transparent. Add meat and saute until brown. Add half of the tomato sauce and stir to mix. Add rice, dill, mint, salt and pepper and simmer for about 5 minutes. Add a little water if rice has absorbed all liquid. Take off stove. Stuff the peppers and sprinkle with Parmesan cheese and a dot of butter on each one. Place tops to cover stuffed peppers. Arrange them in a baking dish or pan. Add water carefully to the baking dish and pour the remaining tomato sauce on top of the green peppers. Bake in 375 degree over for approximately 45 minutes. Baste occasionally while baking. Cook until rice is done.

STUFFED TOMATOES AND PEPPERS
(Yemistes)

- 8 *med. size green peppers*
- 8 *med. size tomatoes*
- 1 *large onion, chopped*
- 1 *lb. lean ground beef*
- 1/2 *cup rice*
- 1 *garlic clove*
- 1 *tbsp. mint*
- 1/4 *cup tomato paste*
- 1/4 *cup water*
- 1/2 *cup oil*
- 1 *tbsp. sugar*
- 2 *cups fresh or or canned tomatoes*
- *Salt & pepper to taste*

Parboil peppers (3 minutes). Cut a slice from each stem end, remove seeds. Cut a slice from stem end of each tomato. Remove pulp, chop for stuffing. Sprinkle salt and a little sugar in the tomatoes. Let stand upside down for about 10 minutes. In the meantime, saute onion, add meat and brown. Add chopped tomato pulp and rest of ingredients to meat and simmer until rice is half cooked about 10 minutes. Stuff peppers and tomatoes and stand upright in a baking pan. Cover peppers and tomatoes with stem slices. Pour some water to cover bottom of baking pan. Cover pan with foil and bake in 350 degree oven for 45 minutes. Uncover, continue baking until done and tops are brown.

ZUCCHINI MOUSSAKA
(Kolotithakia Moussaka)

- 3 1/2 *lbs. zucchini*
- 1 *cup olive or vegetable oil*
- 1 1/2 *lbs. lean ground beef*
- 2 *med. onions, finely chopped*
- 1 *garlic clove, minced*
- 1 *egg slightly beaten*
- 2 *large tomatoes, peeled and chopped*
- 4 *tbsp. breadcrumbs*
- *Salt and pepper to taste*
- 2 *tbsp. parsley*

Cut zucchini into 1/3 inch slices. Heat oil in large frying pan and fry zucchini a few at a time until slightly cooked. Saute ground meat, onion, garlic in butter. Add tomatoes, salt and pepper. Cover and simmer for 30 minutes. Remove from heat and cool slightly. Add the parsley and egg and mix well. Butter a 13x9x2 inch baking pan and sprinkle with the breadcrumbs. Arrange a layer of zucchini slices and top with a layer of the meat mixture. Repeat with a layer of zucchini and top with meat mixture. Top with bechamel sauce and bake at 350 degrees for 45 minutes or until golden brown.

Bechamel sauce:

4 *tbsp. butter*
6 *tbsp. flour*
2 *cups milk, warm*
Salt and white pepper to taste
2 *eggs, slightly beaten*
1/2 *cup cottage cheese*
1/2 *cup Parmesan cheese*

Melt butter, add flour slowly stirring constantly. Gradually add the milk, stirring all the while. Add a little of the milk mixture into the eggs very slowly to warm the eggs and then slowly return to the milk, stirring well. Remove from heat. Mix the salt, pepper and cheeses. This should be a medium-thick sauce.

ZUCCHINI SOUFFLE (Sfogato)

1 *lb. ground beef, lamb or both*
2 *lbs. zucchini squash, grated*
2 *lbs. yellow squash (grated)*
3 *onions (chopped)*
3 *tbsp. dill or parsley*
4 *tbsp. butter or margarine*
1 *tsp. salt*
1/2 *tsp. pepper*
12 *eggs (beaten)*

Saute meat and 1/2 of the onion in 2 tablespoons butter. In another pan melt remaining 2 tablespoons butter. Add squash, remaining onion, dill or parsley, salt and pepper until water from squash cooks away. Combine meat and squash mixtures. Cool slightly. Add beaten eggs and blend. Pour into greased 9x15 pan. Bake at 375 degree for 1/2 hour or until firm. Serve warm. (Yields 15 3-inch squares.)

Poultry

MACEDONIAN RICE STUFFING FOR POULTRY

- 2 *tbsp. butter or oil*
- 1 1/2 *cup rice, white or brown*
- 3 *cups boiling water*
- 1/2 *tsp. salt (less if using Feta)*
- 1/8 *tsp. pepper*
- 1 *tsp. basil or marjoram*
- 1/2 *tsp. thyme*
- 1/2 *lb. Feta or Kefaloteri cheese , crumbled*
- 1/2 *cup currants or raisins*
- 1/4 *cup pine nuts or almonds*
- 1 *egg*

Melt butter in frying pan. Add rice, stir for 5 minutes to a golden color. Add boiling water, salt, pepper, herbs and cover. Simmer for 10 minutes. Allow to cool slightly. Add crumbled cheese. Mix in egg and remaining ingredients. Stuff any fowl such as chicken, duck or goose.

CHICKEN LIVERS CORFU & LAMB KIDNEYS IN WINE SAUCE (Sikotaki Tis Kottas Ke Tou Arniou Me Saltsa)

- 20 *Chicken livers*
- 6 *lamb kidneys*
- 1/2 *cup butter*
- 2 *cups chicken consomme*
- 1 *small onion, grated*
- 1 *tbsp. flour*
- 1 *tsp. chopped parsley*
- 2 *garlic cloves, minced*
- 1/2 *cup wine*
- *Creamed potatoes*

Remove outside casings and the white center from lamb kidneys and cut them in pieces to match pieces of chicken livers. Heat butter in saucepan and quick fry liver and kidneys over high heat for 4 minutes, shaking pan frequently to prevent burning or browning. Sprinkle in flour and mix well into butter. Heat consomme and stir into butter. Add onion, garlic and parsley and lower heat. When sauce bubbles and boils, add salt and pepper. Remove pan from heat and remove livers and kidneys from pan. Strain sauce. Return sauce to pan. Add wine and stir well. Pour over livers and serve.

CHICKEN BREASTS OREGANATO
(Kotopoulo Oreganato)

- 4 *chicken breasts*
- 6 *tbsp. butter, melted*
- 1/4 *cup flour*
- 2 *tbsp. olive oil*
- 1 *oz. salt pork diced (optional)*
- 1/4 *lb. onions, peeled & sliced*
- 1 *bay leaf, crumbled*
- 1 *garlic clove, minced*
- *Salt and pepper to taste*
- 1/4 *cup dry red wine*
- 1 *tbsp. oregano*

Brush chicken breasts with butter and dip into flour, shake off excess. Combine remaining butter, oil and salt pork in skillet, heat. Add onions, bay leaf and garlic and saute slowly for 5 minutes. Add chicken and cook over medium heat for 20 minutes. Add salt, pepper and wine; cover and cook for 10 minutes. Add oregano and cook uncovered for 10 minutes longer or until chicken is done. Adjust seasonings. Place chicken in warm platter, pour sauce over top.

CHICKEN AND EGGPLANT IN SKILLET
(Kota Me Melizanes Tiganistes)

- 2 1/2 - 3 *lb. cut up broiler fryer*
- 1 *tsp. salt*
- 1/4 *tsp. pepper*
- *Paprika to taste*
- 3 *tbsp. butter*
- 1 *clove finely minced garlic*
- 1/2 *cup chicken broth*
- 1 *med. eggplant, peeled, cubed*
- 1 *med. lg. onion, chopped*
- 2 *med. tomatoes, diced*
- 1 *tsp. salt*
- 1/2 *tsp. thyme*
- 2 *tbsp. chopped parsley*

Sprinkle chicken with paprika, salt and pepper. Melt butter in large skilled. Add chicken, brown lightly, remove from skillet. Pour in broth, scraping brown particles from bottom of skillet. Add garlic, eggplant, onion, and tomatoes. Sprinkle with salt and parsley. Arrange pieces of chicken on top of mixture in skillet. Cover, simmer for 30 minutes or until chicken is properly cooked. Serves 4 to 6.

CHICKEN FRICASSEE
(Kota Me Rizi Avgolemono)

3-4 *lb. chicken*
1 *cup rice*
3/4 *tsp. salt*
2 *tsp. margarine*
2 *tsp. flour*
2 *eggs*
1/4 *cup lemon juice*

Place chicken in pot. Cover with water and bring to boil. Skim froth when necessary. Lower heat and simmer about 45 minutes or until chicken is tender. Remove chicken bones and slice. Strain stock. Measure 2 1/2 cups of stock into a saucepan and bring to a boil. Add rice and salt. Cook until rice is tender. In another saucepan melt margarine. Stir in flour until smooth over medium heat. Add 2 cups of stock and continue stirring until thickened. Beat 2 eggs. Add lemon juice to eggs beating continuously. Add some of thickened sauce to eggs and lemon mixture and then add to rest of sauce, mixing well. Place rice onto serving platter. Arrange chicken slices over rice and lastly, pour sauce over all. Makes 4-5 servings.

CHICKEN WITH OKRA
(Kota Me Bamyes)

1 *3 lb. fryer, cut up*
3 *lbs. fresh okra, or*
2 *10 oz. pkgs. frozen okra*
1/2 *cup lemon juice*
1/4 *cup tomato paste diluted with 1/2 cup water*
Salt & pepper to taste

Wash chicken, rub with salt and pepper . Put in roasting pan and cook in 350 degree oven until almost done (40 minutes). In the meantime, wash okra, dry with paper towels, trim stems. Dip ends in salt, place in bowl. Sprinkle with lemon juice, turning okra so that it is coated with juice, and let stand until ready to use. (If using frozen okra thawed, this procedure is not necessary except for sprinkling with lemon juice.) Remove pan from oven, arrange okra around chicken, pour diluted tomato paste over chicken and okra. Cover with foil and return to oven. Cook until chicken is done and okra is tender (about 20 minutes).

ALTERNATE METHOD:

In dutch oven, melt 4 tablespoons butter and in it brown chicken until golden, add one chopped onion and cook until wilted. Add okra, 1 lb. can tomatoes and 1 cup water. Simmer 1 hour over low heat.

ROAST CHICKEN OREGANATO
(Kotopoulo Riganato)

1 *roasting chicken, cut up*
1/4 *cup lemon juice*
1 *tsp. oregano*
4 *tbsp. butter or margarine*
Salt & pepper to taste

Rub salt and pepper over chicken. Sprinkle with lemon juice and oregano. Then brush with melted butter or margarine. Bake in moderate 325 to 350 degree oven. Baste with melted butter frequently. Cook 1 hour or until fork shows chicken to be tender.Serve with pilaf or potatoes.

CHICKEN PILAF
(Kota Pilafi)

1 2 1/2-3 *lb. fryer, cut up*
1/4 *cup oil*
1 16 *oz. can tomatoes*
1 *onion, sliced*
2 *cups water*
1 *cup rice*
Salt & pepper to taste

Wash chicken, pat dry in paper towels. Heat oil in frying pan and brown chicken. Remove chicken to dutch oven. Saute onion in frying pan, add to chicken with tomatoes, salt and pepper and cook for 1/2 hour over low heat. Add water and let it come to a boil. Add rice, stir, cover and continue cooking over low heat until rice is tender.

CHICKEN STEW I
(Kota Kapama)

1 *chicken, cut up*
5 *tbsp. butter or margarine*
2 *cups canned tomatoes*
1/4 *cup tomato paste*
1 *cup water*
3 *onions, chopped*
4 *garlic cloves, minced*
1 *tsp. sugar*
1 *stick cinnamon*
Salt & pepper to taste

Wash chicken and pat dry. In dutch oven, melt the butter or margarine and brown chicken on both sides. Add garlic and onion and stir until transparent. Add the rest of the ingredients and mix. Bring to boil, cover and simmer until chicken is tender. Serve with spaghetti, macaroni or rice. Top with grated parmesan cheese.

CHICKEN STEW II
(Kota Yahnl)

- 1 *chicken, cut up*
- 4 *tbsp. butter*
- 2 *lg. onions, sliced*
- 1 *garlic clove*
- 2 *cups canned tomatoes*
- 1 *tbsp. tomato paste*
- *Water (about 2 cups)*
- 5 *med. potatoes, quartered*
- 3 *med. carrots, cut into 1-inch pieces*
- 1 *lb. green beans, parboiled*
- *Salt & pepper to taste*

Brown chicken in butter; add onions and garlic, cook until onions are soft. Add tomatoes, tomato paste, water and salt and pepper and bring to boil. Add vegetables, cover and cook until tender.

STUFFED CHICKENS
(Yemistl Kota)

- 3 *2 1/2-3 lb. chickens*
- 1 1/2 *sticks butter or margarine*
- 3/4 *cup chopped onion*
- 1/4 *tsp. celery salt*
- 1/2 *cup chopped parsley*
- 1/2 *cup raisins*
- 1 *8 oz. can mushrooms*
- 3 *cups long grain rice*
- 1/2 *tsp. chicken boullion*
- 3 1/2 *cups water*
- 1 *tbsp. flour*

Rub chickens with lemon juice and salt inside and out. In large skillet, melt 1 1/2 sticks of butter over medium heat. Add chopped onion and cook until soft. Add rice and saute with onion, mixing well. Add drained mushrooms, parsley, raisins, celery salt, and pepper to taste. Add 3 cups water with boullion mix. Cook over medium heat until all water is absorbed and rice is slightly tender . Add more water if needed. Remove rice from stove and stuff chickens loosely. Rub outside of chicken with margarine and sprinkle flour and paprika on it. Cover top of pan with foil and cook for 1 hour until chicken feels tender when stuck with fork. Take foil off last 15 minutes and allow the outside to brown nicely. Serves 12.

SPICY CHICKEN AND VEGETABLES

4 *chicken leg quarters*
Salt & pepper to taste
3 *onions, chopped*
3 *carrots, cut 2-in. pieces*
1/2 *lb. green beans*
1 *16. oz can tomatoes*
1 *tsp. thyme*
1 *tsp. rosemary*
1 *hot pepper, diced*
White wine

Heat oil and brown seasoned thighs and legs. Add onions, carrots and hot pepper and saute. Add green beans and simmer covered with white wine for 15 minutes. Add tomatoes, thyme and rosemary. Simmer for another 20 minutes. Season to taste with salt and pepper. Serve with French bread.

ROAST DUCK
(Papia Tou Fournou)

1 *4 lb. duckling, quartered*
1/2 *cup orange marmalade*
1 *tbsp. soy sauce*
1/2 *tsp. salt*
Pepper to taste
1 *tbsp. butter*
1 *tbsp. flour*
1 *cup white wine*
1 *tbsp. wine vinegar*
1/2 *cup consumme*

Combine marmalade, soy sauce and salt. Place duck in roastin pan and roast at 450 degrees for 10 minutes. Reduce heat to 375 degrees and brush duck with marmalade sauce. Continue to bake brushing with marmalade often until duck is cooked. Heat butter in a saucepan. Add flour and cook until flour is brown. Stir in wine, vinegar and consomme. Bring to a boil stirring constantly. Cover and simmer for 8 minutes. Add any remaining marmalade sauce and cook for another 5 to 10 minutes. Place duck in serving dish and pour marmalade sauce on top. Serve.

BROILED QUAIL
(Ortikia)

5 *quail*
6 *slices bacon*
6 *tsp. butter*
1/2 *tsp. crushed oregano*
Salt and pepper to taste

Clean and wash quail thoroughly. Pat dry. Sprinkle in and out with salt and pepper. Sprinkle with crushed oregano. Place 1 teaspoon of butter in each quail. Wrap slice of bacon around each. Place on broiler rack and broil for 15 minutes on each side or until golden and tender. Serve hot.

TURKEY WITH MUSHROOM STUFFING
(Tourkos Ymistos Me Manitaria)

10-12 *lb. turkey*
1/2 *cup butter*
2 *med. onions, finely chopped*
1 *cup chopped mushrooms*
8 *cups white breadcrumbs*
1/2 *cup finely chopped parsley*
Salt & pepper to taste
1 *tsp. thyme*
1 *tsp. marjoram*
1/2 *cup olive oil*
Juice of 1 lemon

Saute onions and mushrooms in butter till tender. Combine this in a large bowl with breadcrumbs, parsley, salt, pepper, thyme, marjoram. Toss to mix. Wash turkey thoroughly and sprinkle with salt, pepper and lemon juice inside and out. Stuff turkey. Place in roasting pan and brush with olive oil, salt and pepper. Roast uncovered for 30 minutes in 400 degree oven and then prepare the following:

1 *small onion, diced*
1 *garlic clove, sliced lengthwise*
1 *tsp. basil*
1 *can undiluted chicken broth*
1/2 *cup white wine*

Mix the above ingredients thoroughly and pour over turkey. Cover roasting pan tightly. Reduce heat to 375 degrees and cook for 2 1/2 hours until turkey is done, basting occasionally. Uncover and bake another 10 to 15 minutes to brown.

STUFFED TURKEY
(Yemistos Turkos)

Wash 12 to 13 lb. turkey well inside and out. Rub with salt, pepper, and juice of 1 lemon.

DRESSING;

1 *cup chopped onion*
1 *cup water*
1/2 *cup olive oil*
1 6 *oz. tomato sauce*
3 *cups converted rice*
3 *tbsp. fresh dill, chopped*
1/4 *cup red wine*
1 1/2 *lbs. chestnuts, shelled, and cut in halves*
3/4 *cup raisins*
Salt & pepper to taste

Saute onions in oil until transparent. Add tomato sauce and stir. Add wine, water, dill, chestnuts, raisins, and rice. Add more water if rice is too dry and when rice is half cooked remove from heat. Stuff turkey cavity and neck, brush with melted butter and place in roasting pan. Roast in 300 degree oven for 30 minutes, then raise heat to 350 degrees. Baste turkey every 20 minutes with pan juices to which you may add 1/4 cup wine. Add additional water if need. Bake for approximately 3 1/2 hours or until turkey is done.

Seafood

HELPFUL HINTS

Remove fish odor from the house or apartment by burning sugar and lemon peel in a disposable aluminum pan.

To remove fish odor from pots and pans after cooking, wash with 1 teaspoon baking soda dissolved in 1 quart of water. Rinse with vinegar and then wash with sudsy water.

To remove fishy smell from hands, rub with lemon juice, salt and a little vinegar before washing.

BEER BATTER
(For Fish)

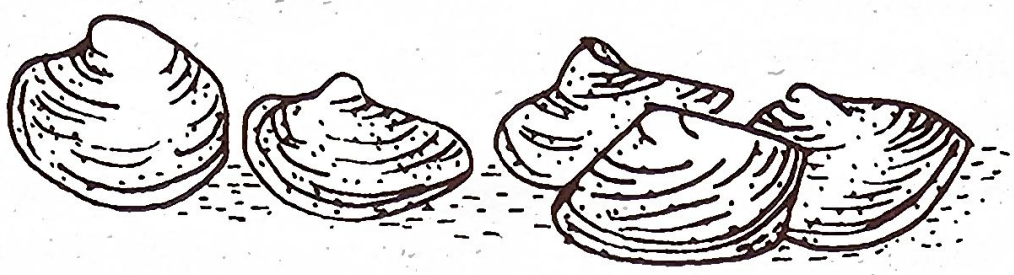
1 *cup beer (room temperature)*
1 *cup flour*
1 *tsp. baking powder*
1 *tsp . Accent*
Salt and pepper to taste

Combine all ingredients except beer and mix well. Then add the beer and mix to consistency of thin pancake batter. Allow to sit for 20 minutes. Dip fish in batter and deep fry in very hot oil for about 3 minutes or until nicely browned. Place on paper towels to absorb excess oil.

CLAMS WITH LEMON-PARSLEY SAUCE
(Saltsa Ahlvathes)

2 *7 oz. cans minced clams*
1/4 *cup chopped onion*
3 *garlic cloves, minced*
1/3 *cup olive or vegetable oil*
2 *tbsp. butter or margarine*
1 *tsp. leaf oregano, crumbled*
Salt & pepper to taste
3 *tbsp. chopped parsley*
1 *tsp. grated lemon rind. optional*
1-2 *tsp. lemon juice*
Grated Parmesan cheese
1 *tsp. cornstarch, dissolved in 3 tbsp. water*

Drain juice from clams and reserve. Saute onion and garlic in oil and butter until tender, but not brown. Add reserved clam juice, oregano, salt and pepper and bring to a boil. Cook about 5 minutes to reduce to about 1 cup. Add cornstarch mixture to thicken slightly. Lower heat and add reserved clams, parsley, lemon rind and lemon juice. Heat thoroughly. Do not boil. Use on cooked spaghetti or linguine.



CLAMS WITH RICE
(Ahlvathes Pilafi)

1 *pt. clams, with liquid*
1 *bunch scallions, chopped*
1/2 *cup green pepper, chopped*
1/2 *cup fresh parsley, chopped*
4 *oz. oil*
2 *cups rice*
Salt & pepper to taste

Remove clams from liquid, wash well and chop. Allow liquid to stand, making sure that all sand settles to the bottom. Carefully pour liquid into container adding water to equal 5 cups. Saute scallions, green pepper and parsley, salt and pepper in oil until soft but not brown. Add liquid, bring to a boil and add rice. Simmer for 10 minutes. Add clams and simmer 10 minutes longer, or until rice is done.

CLAM SPAGHETTI SAUCE
(Ahlvathes Salsa)

4 *tbsp. olive oil*
1/2 *cup butter*
1 *small onion, chopped*
4 *garlic cloves, crushed*
1/4 *cup chopped parsley*
1/2 *tbsp. dill*
3 *tbsp. Parmesan cheese*
Dash of pepper
1 *8 oz. can minced clams*

Combine olive oil, butter, onion, garlic, pepper, parsley, dill and cheese in sauce pan. Simmer over low heat for 10 minutes. Add clams with juice. Simmer 10 minutes. Serve over spaghetti.

COD CROQUETTES
(Bakallaro Keftedes)

1 *lb. salted Codfish*
3 *boiled and mashed potatoes*
1 *tbsp. butter*
1/2 *cup milk*
Pepper to taste
2 *eggs*
1/4 *cup parsley*
1/2 *cup Parmesan cheese*
1/2 *cup flour*
1 *tsp. olive oil*
1/2 *cup olive oil for frying*

Soak cod fillets in cold water for 24 hours, changing water at least 3 times. Drain well and flake with fork. Put in saucepan with mashed potatoes, butter, milk, pepper. Stir mixture over low heat until very thick. Remove from heat and let cool. Add 1 whole egg and 1 egg yolk, parsley and cheese and mix well. Cover mixture and chill 2 to 3 hours. Shape into small fingers and roll in flour. Beat 1 egg white and 1 teaspoon oil. Dip croquettes in egg white and crumbs and fry in hot oil until golden. Drain on paper towel. Serve hot.

COD FILLETS IN TOMATO SAUCE
(Bakallaros Yohnl)

1 *lb. frozen cod*
1/3 *cup olive oil*
1 *lg. onion, sliced*
1 *garlic clove, minced*
Salt & pepper to taste
1 *cup tomato sauce*
2 *cups tomatoes*
1/2 *tsp. marjoram*
2 *potatoes, peeled and cut in 1-inch pieces*

Add garlic and onion in hot oil until soft. Add remaining ingredients except fish. Cook 20 minutes over moderate heat. Thaw, drain fillets, add to tomato sauce and cook for 10 minutes. Remove fillets to platter. If sauce has not thickened cook awhile longer, then pour over fish. Makes 4 servings. Other firm fleshed fish can be used.

CODFISH AND POTATOES IN TOMATO SAUCE
(Bakalleros)

- 1 *lb. dried salted cod*
- 3 *tbsp. tomato paste*
- 1 *lg. onion or 2 med.*
- 1/4 *cup olive or Wesson oil*
- 1 *tbsp. parsley flakes*
- 1/2 *sliced lemon*
- 2 *cups water*
- 1/2 *tsp. pepper*
- 3 *med. potatoes, quartered*

Brown onion in olive oil. Add tomato paste, parsley, pepper and water and simmer half hour. Add codfish. Wait 5 minutes, then add potatoes. Cook over medium heat until codfish and potatoes are tender. Add lemon slices and cook for 10 minutes more. Cut cod into 4-inch pieces, soak in water overnight, drain and rinse well before adding to sauce.

CRABMEAT WITH PARMESAN CHEESE
(Kavourla Me Tirl)

- 3/4 *cup minced onion*
- 1/4 *cup vegetable oil*
- 1 *lb. crabmeat, flaked*
- 2 *tbsp. minced parsley*
- 1/4 *tsp crushed red pepper*
- 2 *tbsp. lemon juice*
- *Salt & pepper to taste*
- 1/2 *tsp. oregano*
- 1/2 *cup Parmesan cheese*
- 2 *tbsp. butter*
- 1 *lemon, wedged*

Saute onion in oil until transparent. Stir in crabmeat, parsley, red pepper and saute 2 minutes . Add lemon juice, salt, pepper, and oregano, and saute 2 minutes more. Divide crabmeat mixture among 4 buttered scallop shells, sprinkle each serving with Parmesan cheese and dot with butter. Put under broiler for 2 to 3 minutes or until cheese is golden. Serve with lemon wedges.

CRABMEAT & SHRIMP STUFFED PEPPERS
(Pipperyes Me Kavourla Ke Garides)

6 *med. green peppers*
3/4 *lb shrimp, peeled & deveined*
1/2 *lb. frozen crabmeat thawed & drained*
1 1/2 *cups cooked rice*
1/2 *cup tomato sauce*
3 *tsp. dill weed*
1/2 *cup finely chopped onion*
1/2 *cup celery, minced*
Salt & pepper to taste
1/2 *cup breadcrumbs*

Cut 1/2 inch off of each pepper. Remove seeds and membrane. Cook in boiling water for 3 minutes. Drain and set aside. Combine all ingredients except breadcrumbs and butter. Stuff each pepper with mixture. Sprinkle top with breadcrumbs and dot with butter. Place in baking dish. Add 1 cup water to pan. Bake in 350 degree oven for approximately 35 minutes.

BAKED FISH
(Psari Psito)

2 *lbs. fish fillet*
1/4 *cup olive oil*
4 *onions, thinly sliced*
1 *garlic clove, minced*
2 *cups tomatoes, or 1 cup tomato puree diluted with 2 cups water*
1/2 *cup parsley, chopped*
1 *tsp. oregano*
1/8 *tsp. cinnamon*
Salt & pepper to taste
1/2 *cup red wine*

Rinse fish with cold water. Oil baking pan with half of the oil. Lay fish slices in baking pan. In the remaining oil saute onions and garlic for 5 minutes. Add remaining ingredients, cover. Cook 10 minutes. Pour sauce over fish. Bake in 375 degree oven for 45 minutes. Serve with crusty bread and a crisp salad.

GRILLED FISH
(Psari Skaras)

2 *lbs. small whole fish*
1/2 *cup olive oil*
2 *lemons*
1 *tbsp. water*
2 *tbsp. parsley or oregano*
Salt & pepper to taste

Scrape, clean and wash fish thoroughly. Sprinkle with salt and brush

with oil. Place on a very hot grill. When fish begins to brown, brush with oil and lemon juice. Turn and baste several times until fish is cooked. Remove to platter. Beat oil, lemon juice, water, salt, pepper and parsley or oregano. Pour over fish.

BROILED FISH WITH LEMON SAUCE

Wash fish well, sprinkle with salt and lemon juice and let stand about 15 minutes. Broil about 15 minutes on each side, brushing with oil. **OIL -LEMON SAUCE:** Combine 1/2 cup oil, 1/4 cup lemon juice, salt and pepper, and beat well. You may add 1 chopped onion or 1 teaspoon oregano or both. Serve fish on platter and pass oil-lemon sauce. Any fish may be used.

FISH FILLETS OREGANATO
(Psari Oreganato)

1/2 *cup chopped onion*	3/4 *tsp. oregano, minced*
1 *garlic clove, minced*	1/8 *tsp. basil, minced*
3 *tbsp. olive oil*	1/2 *tsp. salt*
1 16 *oz. can tomatoes*	*Pepper to taste*
1 *tbsp. parsley, minced*	1 *lb. fish fillets*

Saute onion and garlic in olive oil until tender. Add tomatoes, parsley, oregano, basil, salt and pepper and simmer for 10 minutes and pour over fish in baking dish. Bake at 375 degrees for 25-30 minutes, basting occasionally.

FISH & VEGETABLE BAKE
(Psari Plaki)

- 5 *lbs. fish (grouper,snapper, halibut)*
- 1 *lemon*
- 1/2 *cup olive oil*
- 3 *tsp. chopped parsley*
- 1 *tsp. chopped dill*
- 3 *ripe tomatoes, diced*
- 1 *lb. chopped fresh spinach or 1 pk. frozen, thawed*
- 3 *stalks celery, sliced*
- 3 *med. white potatoes, quartered*
- 4 *lg. onions, sliced*
- 3 *garlic cloves, minced*
- 3 *med. carrots, 1 in. pieces*
- 1 *8 oz. can tomato sauce*
- 1/2 *cup white wine*

Wash fish and pat dry. Sprinkle with lemon juice. In baking pan place 1/4 cup of the olive oil. Place fish in the center of the olive oil. Saute onions, garlic until transparent in the 1/4 cup of oil. Add tomato sauce, tomatoes, parsley, dill, celery, and carrots. Simmer for 25 minutes. Add wine, salt and pepper and simmer for an additional 3 minutes. Pour sauce and vegetables over fish. Add potatoes and arrange spinach on top of fish. Bake uncovered at 350 degrees for approximately 1 hour or until done. Serves 8 generously.

STUFFED BAKED FISH
(Psari Yemisto)

- 1 *snapper or other fish, about 5 lbs.*
- 2 *med. onions, thinly sliced*
- 4-5 *ripe tomatoes, sliced*
- 2-3 *tbsp. butter cut in small pieces*
- 1/3 *cup chopped parsley*
- *Salt & pepper to taste*

Preheat oven to 450 degrees. Line a baking dish large enough to hold the fish with a couple layers of heavy duty aluminum foil. Butter the foil well. Stuff fish with alternating layers of the sliced vegetables, dotting each layer with pieces of butter, sprinkling with chopped parsley. Close opening with small skewers or toothpicks. Measure fish at its thickest point. Rub fish with butter, salt and pepper. Place in foil-lined baking pan. Bake for 20 minutes per measured inch. It should take about 30-35 minutes. The fish is done when the flesh flakes easily. Transfer to hot platter, remove the skewers. Decorate with lemon wedges and parsley.

STUFFED FLOUNDER FILLETS

2 1/2 lbs. flounder fillet

FILLING;

3 tbsp. Olive oil
1/3 cup seasoned breadcrumbs
1/4 cup pignoli nuts
1/2 tsp. oregano
1 tsp. chopped parsley
Salt & pepper to taste

Combine all ingredients and saute for two minutes.

SAUCE;

1/3 cup lemon juice
1/4 cup orange juice
3 tbsp. water
1/2 tsp oregano
2 tbsp. olive oil
Salt & pepper to taste
1/4 cup dry white wine
1 tsp. chopped parsley
1 tsp. chopped chives
2 bay leaves, crumbled

Rinse fish and dry. Place two or three tablespoons of crumb mixture down center of each fillet and roll up being careful not to loose the filling. Secure with toothpicks and then place in shallow baking pan or dish. Combine the lemon and orange juice, water, oregano, oil, pepper and wine and pour evenly over the fish. Sprinkle with the parsley, chopped chives. Bake in moderate oven for 30 minutes or until fish flakes easily, basting occasionally with sauce in pan.

STEWED OCTOPUS
(Octopothi Yahni)

2 lbs. fresh octopus
4 lg. onions, sliced
3/4 cup olive oil
1 6 oz. tomato sauce
1/2 cup wine
Salt & pepper to taste

Wash octopus well and remove ink sack. Pound octopus well to tenderize. Cut in 1 1/2 inch pieces. Saute octopus with onions and olive oil. Add tomato sauce, wine, salt and pepper. Bring to a boil and them simmer for 1 hour or until octopus is tender. Serve on rice or as a hot hors d'oeuvre.

OYSTER CASSEROLE
(Strithia Tou Fournou)

1 *pt. oysters, minced*
1/2 *lb. mushrooms*
3 *tbsp. melted butter*
1 *cup breadcrumbs*
1 *can cream of mushroom soup, undiluted*
3 *tbsp. grated Parmesan Cheese*
1/2 *cup cooking sherry*
Unsalted fine cracker crumbs

Drain oysters and set aside. Saute mushrooms in butter and add breadcrumbs, cheese, cooking sherry and oysters. Mix well. Spoon into lightly greased 1 1/2 at casserole. Pour can of cream of mushroom soup over mixture. Top with cracker crumbs and dot with butter. Bake in 350 degree oven for approximately 20 minutes.

BAKED RED-SNAPPER FILLETS

1 1/2 *lbs. red snapper or other firm fleshed fish fillets*
Salt and pepper to taste
1/4 *cup flour*
1 1/2 *cups Sour Cream & Dill Sauce (see recipe in sauces)*
2 *tbsp. chopped chives or green onions for garnish*

Sprinkle fish with salt and pepper. Lightly dust with flour. Shake off excess. Place in single layer in lightly greased shallow casserole. Cover completely with sauce. Bake in preheated 400 degree oven 20 minutes or until fish flakes easily with fork. Garnish with chives. Makes 4 servings.

SEA SCALLOPS

1 1/2 *lbs. scallops*
1 1/2 *cups dry white wine*
3 *tbsp. butter*
2 *tbsp. flour*
1 *cup milk*
1/4 *cup sliced mushrooms*
2 *tbsp. Parmesan cheese*
3 *tbsp. breadcrumbs*
3/4 *tsp. paprika*
Salt & pepper to taste

In a large saucepan, combine scallops, wine, salt and pepper. Bring to a boil and simmer for 5 minutes and set aside. In a saucepan heat butter and add flour. Stir in cooking liquid and milk. Cook for 5 minutes stirring occasionally. Take pan off fire and add cheese. Mix well. Fill buttered individual casseroles with scallop mixture. Sprinkle with breadcrumbs. Dot with remaining butter. Broil until top is golden and serve.

SHRIMP ON SKEWERS
(Garides Souvlakia)

1 1/2 lbs. large shrimp, shelled & deveined
6 strips bacon, cut into thirds
1/2 stick butter, melted
1/2 cup sour cream
2 tbsp. lemon juice
Salt & pepper to taste

Place alternately shrimp and bacon on skewers. Brush with melted butter and broil for 7 to 10 minutes. Turn skewers occasionally basting with melted butter. In a small saucepan heat sour cream over low flame. Add lemon juice and juice from broiled shrimp. Cook for another 5 minutes. Add salt and pepper. Pour over shrimp and serve.

SHRIMP WITH FETA I
(Garides Me Feta Tiri)

3 cups canned Italian plum tomatoes
1 lb. shrimp (about 24)
1/4 cup fresh fish broth or
1/4 cup bottled clam juice
1/4 cup olive oil
1 tsp. finely chopped garlic
1 tsp. dried oregano
1 tsp. red pepper flakes
2 tbsp. drained capers
Salt & freshly ground pepper
3 tbsp. butter
1/4 lb. Feta Cheese
1/4 cup ouzo (optional)

Preheat oven to 350 degrees. Put tomatoes in saucepan, cook until reduced to about 2 cups. Stir often to prevent burning and sticking. Shell and devein the shrimp, set aside. Heat oil in another pan or deep skillet, add garlic, stirring. Add tomatoes, fish broth or clam juice, oregano, pepper flakes, capers, salt and pepper to taste. Heat butter in a heavy saucepan, add shrimp. Cook briefly, less than 1 minute, turning and stirring only until shrimp turns pink. Spoon equal portions of half the sauce into 4 individual baking dishes, arrange 6 shrimps plus equal amounts of butter in which they were cooked in each dish. Spoon remaining sauce over shrimp. Crumble cheese, scatter evenly over shrimp. Place dishes in oven and bake 10-15 minutes or until bubbling hot. Remove from the oven, sprinkle each dish with 1 teaspoon ouzo and Ignite. Serve Immediately.

SHRIMP WITH FETA II
(Garides Me Feta)

- 24 *jumbo shrimp*
- 2 *eggs*
- 1/2 *cup heavy cream*
- 2 *cups crumbled Feta cheese*
- 1 *lg. tomato, peeled & sliced*
- *Juice of 2 lemons*
- 2 *tbsp. chopped parsley*
- 4 *tbsp. butter*
- 2 *dashes tabasco sauce*
- *Pepper to taste*

Cook shrimp in butter until pink. Place in oven-proof casserole. Combine eggs and cream, beat with fork to blend. Add cheese and tabasco and mix well. Pour over shrimp. Arrange tomato slices on top. Bake in 400 degree oven until bubbly. Squeeze lemon juice on top. Sprinkle parsley and pepper to taste.

SHRIMP YAHNI

- 1/2 *cup chopped onion*
- 1/2 *cup chopped celery*
- 3 *tbsp. vegetable oil*
- 2 *cups tomatoes, canned*
- 1 *8 oz. can tomato sauce*
- 1 1/2 *tsp. salt*
- 1 *tsp. sugar*
- 1/2 *tsp. chili powder*
- 1 *tbsp. Worcestershire*
- *Dash of Tabasco*
- 1 *tbsp. cornstarch*
- 2 *tbsp. cold water*
- 3/4 *lb. shrimp, raw, cleaned*
- 1/2 *cup chopped green pepper*

In a saucepan add oil, onions, celery and cook until tender. Add tomatoes, tomato sauce, salt, sugar, chili powder, Worcestershire sauce, and Tabasco and simmer for 45 minutes uncovered. Mix cornstarch with water, add to mixture and simmer till thick. Add shrimp and pepper. Cook covered till done, about 5 minutes. Serve over hot rice.

BAKED SNAILS
(Salingaria Tou Fourno)

- 4 *doz. canned snails in shells*
- 3/4 *lb. butter*
- 2 *tsp. finely chopped onion*
- 2 *tbsp. parsley, minced*
- *Salt & pepper to taste*
- 1/2 *cup breadcrumbs*

Combine butter, onions, parsley, garlic, salt and pepper. In the bottom of each shell place a small amount of butter mixture. Add

snails. Add another small amount of butter mixture. Place snails bottoms down in a baking dish. Sprinkle with breadcrumbs. Bake at 425 degrees for 8 minutes. Serve very hot.

STUFFED SQUID

- 12 *squid, 4-5 in. long*
- 1/2 *cup olive oil*
- 2 *med. onions, chopped*
- 2 *tbsp. chopped mint*
- 1/2 *cup rice*
- 2 *tbsp. tomato paste*
- 2 *tbsp. pignoli nuts*
- 2 *tbsp. chopped parsley*
- 1/2 *cup wine, 1/3 cup water*

Remove ink sac, soft bones and intestines from squid. Cut out the fins, leaving only the whole bag. Wash well and sprinkle with salt. Saute onions in olive oil until golden brown. Add rice, pignoli nuts, mint, parsley, tomato paste, salt and pepper. Simmer about 10 minutes. Cool and stuff squid using a teaspoon. Line up squid in baking pan and pour wine and water over them; salt and pepper to taste. Bake in moderate oven for 1 hour, or place in heavy sauce pan, cover and simmer 30 minutes until tender.

SQUID WITH TOMATO SAUCE
(Calamaria Me Tomates)

- 2 *lbs. squid*
- 4 *tbsp. olive oil*
- 1/2 *tsp. oregano*
- 1 *tsp. parsley, minced*
- 1 *cup tomatoes, drained*
- 1/2 *cup dry sherry*
- 2 *garlic cloves, minced*
- *Salt & pepper to taste*

Clean and wash squid thoroughly. Cut into small pieces. In olive oil saute garlic, brown very lightly. Add squid, cover and simmer 10 minutes. Add salt, pepper, oregano, sherry, and simmer 15 minutes longer. Add tomatoes and parsley and cover. Cook 15 minutes longer and serve.

SQUID IN WINE
(Kalamarakia Krasata)

1 *lb. squid, remove bone, ink sacs, wash well*
Salt to taste
Flour
1/2 *cup white wine*
Oil for frying

Allow squid to drain well after it has been washed. Rub salt on squid and roll in flour. Fry over low heat with a little oil. When cooked add white wine, cover, and remove from heat. Let stand a few minutes before serving.

SQUID IN WINE SAUCE
(Kalamaria)

2 *lbs. squid*
1 *can tomato paste*
2 *onions, chopped*
2 *bay leaves*
3 *garlic cloves, minced*
2 *cups water*
1/2 *cup red wine*
Salt & pepper to taste

Place oil, onions and garlic in stew pot and brown. Add tomato paste and saute, stirring constantly, for a second or two. Add squid, bay leaves, water, salt and pepper. Simmer until squid is tender about an hour. Add wine and simmer a half hour more. Can be made a day ahead, but do not add wine until half hour before serving. Serve over cooked white rice.

TUNA STUFFED LEMON SHELLS

6 *yellow lemons, same size*
1 1/2 *cups tuna fish*
1 *tsp. lemon juice*
1/2 *cup chopped canned black olives*
2 *tbsp. butter*
2 *tbsp. mayonnaise*
1 *tsp. mustard*
Pepper to taste
1 *tsp. parsley*

Cut 1/2 inch slice from top of each lemon. Take out all meat with a small teaspoon leaving only the shell. Combine drained tuna, lemon juice, chopped olives, mustard, mayonnaise, butter and pepper. Mix all ingredients well and stuff lemon shells.

Vegetables

ADDING MORE FLAVOR AND ZEST TO VEGETABLES

To add more flavor and zest to vegetables. Serve with:

Almonds
Basil
Cheese Sauce
Cider
Cottage Cheese
Cream Sauce
Dill
Fried Bacon bits
Garlic
Hard Boiled eggs
Hollandaise Sauce
Lemon Juice
Mint
Onions
Parmesan Cheese
Parsley
Pine nuts
Roquefort Cheese
Vinegar

ARTICHOKES AVGOLEMONO

6-8 *Artichokes*
4 *tbsp. butter*
3 *cups beef or lamb broth*
Juice of 1 lemon
2 *eggs*
2 *tbsp. cornstarch*
1/2 *tsp. salt*
Dash pepper

Remove outside tough leaves of artichokes. Cut off tips and then split lengthwise to remove the choke. Wash and drain. Rub with lemon juice and a little salt to prevent darkening. Saute artichokes in butter. Add to hot broth and simmer until tender, about 25 minutes.

MAKE SAUCE:

Dissolve cornstarch in a little of the slightly cooled broth or a little water and then add to the remaining broth, stirring to make a smooth and thick sauce. Add lemon juice. Then add a little of the hot broth to the beaten eggs, very slowly, beating constantly. Continue until the sauce thickens. Pour over artichokes and serve.

ARTICHOKE MEDLEY
(Anginares)

1 *can artichokes*
3-4 *onions*
1 *bunch scallions, chopped*
1/2 *cup chopped fresh dill*
3-4 *carrots*
2 *med. potatoes, quartered*
1 *lemon, juice only*
1/2 *cup mazola oil*
2 *cups water*
Salt & pepper to taste

Cut carrots and onions coarsely and in water simmer with potatoes until half cooked; add the rest of ingredients except lemon juice and cook until tender. Pour lemon juice over vegetables just before serving.

STUFFED ARTICHOKES
(Anginares Yemistes)

10 *Artichokes*
3 *tbsp. lemon juice*
1/2 *cup olive oil*
1 *lb. frozen lima beans*

STUFFING;

1 *med. onion, finely chopped*
2 *garlic cloves, crushed*
3 *stalks celery, chopped*
1/2 *cup parsley, chopped*
2 *tbsp. dill, chopped*
Salt & pepper to taste

Clean and cut off enough of the stems to make artichokes sit when served. Wash well. With kitchen scissors cut 1/2 inch of the tips of the leaves and sprinkle with lemon juice. Cook until almost tender. Drain and cool. Cut off top. Make stuffing by heating 1 tbsp. of olive oil and lightly fry the onion and the garlic. Add chopped herbs, celery, salt and pepper. Remove from pan and put in bowl with remaining oil and mix well. Insert this mixture into the leaves of the artichokes. Put artichokes in a saucepan. Add water almost to cover. Cook slowly for 1/2 hour. Add beans and cook for 10 minutes or until they are tender. Serve hot or cold.

ARTICHOKES WITH WINE
(Anginares Krassatis)

- 5 *artichokes*
- 1 *lg. chopped onion*
- 3 *garlic cloves*
- 1 1/2 *cups white table wine*
- *Pinch oregano*
- *Pinch salt*
- *Pinch pepper*
- 1 1/4 *tsp. parsley*

Wash artichokes well and trim. Place in a bowl and cover with salt water for approximately 1/2 hour. In a deep saucepan place oil and half of the wine. Drain artichokes and add. Cover saucepan and simmer until artichokes are cooked. In a small saucepan put the remaining wine, garlic, onion, parsley and oregano and simmer until onions are cooked. Place artichokes in serving dish and pour sauce on top. Serve hot.

OVEN BAKED BEANS
(Fasolia Plaki)

- 1 *lb. beans (lima, navy, or northern)*
- 1 *lg. onion*
- 3 *carrots, diced*
- 1 *green pepper, diced*
- *Salt & pepper to taste*
- 1 *garlic clove, minced*
- 1 *cup celery, chopped*
- 1 *16 oz. can tomatoes*
- 1/4 *cup oil*

Wash and parboil beans. Rinse and put in 9x12 inch baking pan, adding rest of ingredients. Add 1/2 cup water and bake in 350 degree oven until beans and vegetables are tender (about 1 hour).

BULGAR PILAF
(Pilgouri)

- 3 *tbsp. butter*
- 1 1/2 *cup bulgar*
- 2 1/3 *cups hot water*
- 2 *chicken boullion cubes*
- 1 *6 oz. can mushrooms*
- 2 *pimentos, chopped*
- *Salt & pepper to taste*
- 1/2 *tsp. crushed oregano*

Melt butter. Add wheat. Stir while browning. Add water and boullion cubes, mushrooms, pimentos and seasoning. Cover and simmer for 15 to 20 minutes or until liquid is absorbed. Serves 12.

BRAISED CABBAGE
(Lahana Yahni)

1 *lg. cabbage*
2 *med. chopped onions*
2 *stalks celery, chopped*
2 *med. tomatoes, chopped*
2 *carrots, thinly sliced*
Capers
4 *tbsp. olive oil*

Cut cabbage into 1-inch sections. Wash thoroughly and drain. Heat the oil and lightly cook the onions. Add celery, tomatoes, carrots, salt and pepper. Mix well. Add cabbage and enough water to prevent sticking or burning. Cook for 12 minutes. Add capers and continue to cook until cabbage is tender. This recipe tastes good even without olive oil and it can be omitted for strict fast days.

STUFFED CABBAGE LEAVES
(Lahana Dolmathes)

18 *cabbage leaves*
1 *cup rice*
2 *med. onions, chopped*
2 *garlic cloves, crushed*
3 *tbsp. pine nuts*
3 *tbsp. currants*
Pinch of cinnamon
2 *chopped tomatoes*
Salt & pepper to taste
3 *tbsp. olive oil*
2 *cup chicken broth*
Juice of 1 lemon
3 *tbsp. flour*

Cut core out of the center of cabbage and place cabbage in boiling water to make leaves separate and pliable. Remove from water and cut out thick center vein. Set aside. Heat oil and fry rice for 2 to 3 minutes. Add onions, garlic, currants and pine nuts. Stir constantly until golden brown. Add tomatoes, cinnamon, salt and pepper. Continue to cook for an additional 5 minutes. Remove from heat. Place a small amount of this stuffing on each leaf and roll carefully tucking edges in as you roll. Pack dolmathes close together in saucepan. Add broth and sprinkle with lemon juice. Place an upturned plate over them to keep them steady. Cover and simmer for 45 minutes. When cooked, remove stuffed cabbage and place on platter. Thicken broth with flour diluted in 1/4 cup cold water and pour over dolmathes.

FRIED EGGPLANT I

3 *med. eggplant*
2 *cups flour*
1/2 *cup Parmesan cheese*
2 *eggs, slightly beaten*
2 *cups oil for frying*

Wash eggplant, sliced in 1/2 inch thick slices. Sprinkle generously with salt. Let stand for 15 minutes. Rinse with cold water and pat dry. Mix flour and cheese. Dip in flour and cheese mixture. Then dip in egg and then again in flour and cheese mixture. Fry in hot oil for 8 minutes. Serve with garlic sauce.

FRIED EGGPLANT II

1 *lg. eggplant (dark & firm)*
1 *cup flour*
1 *egg*
1/2 *cup milk*
Mazola oil for frying
1 1 *lb. can tomato sauce*
1 *garlic clove, chopped*
2 *tbsp. sugar*
Salt & pepper to taste
2 *bay leaves*
Oregano
Romano or Parmesan cheese

Slice eggplant, salt and place in colander for several hours, (this removes bitterness) Wash thoroughly and pat dry. Blend egg and milk in soup dish. Dip sliced eggplant first in flour and then in egg mixture. Then place in heated oil and fry. Turn once when lightly browned. Remove to paper towel. In saucepan combine tomato sauce with garlic, sugar, salt, pepper, bay leaves and oregano. Cook slowly for 1/2 hour. This can be done while the eggplant is soaking in salt. Arrange eggplant on platter. Dab each slice with tomato sauce, then sprinkle with grated cheese.

EGGPLANT STEW
(Melitzanes Yahni)

5	*tbsp. butter*
1	*lb. eggplant*
1	*tsp. lemon juice*
1/3	*cup of celery*
1/4	*cup chopped onions*
1/2	*cup chopped green peppers*
1	*garlic clove, minced*
1	*tsp. salt*
1/2	*tbsp. salt*
1/2	*tsp. marjoram*
1	*cup fresh tomatoes, skinned, seeded,diced*
3/4	*cup dry Vermouth*
2	*tbsp. chopped parsley*

Heat butter in frying pan. Chop eggplant into chunks and sprinkle with 1 teaspoon salt and lemon juice. Fry celery, onions, peppers, garlic in butter until golden. Add eggplant and cook for 5 minutes. Add seasonings, tomatoes, and Vermouth. Stir well, cover and simmer for 10 minutes more. Uncover and simmer until eggplant is just tender. Sprinkle with chopped parsley and serve.

STUFFED GRAPEVINE LEAVES
(Yialandi)

4	*lg. onions, minced*
1	*tsp. salt*
1	*cup rice*
3/4	*cup olive oil*
1	*tsp. fresh dill, chopped*
1	*tsp. mint , chopped*
1/2	*cup parsley, chopped*
2	*bunches scallions, chopped*
	Salt & pepper to taste
	Juice of 1 lemon
1	*12 oz. jar grapevine leaves*
3	*tbsp. lemon juice*

Saute onions over low heat in a little oil and 1 teaspoon salt, stirring occasionally for 5-10 minutes. Remove from heat. Add rice and 1/2 cup of olive oil, herbs, salt and pepper and half of the lemon juice. Wash the leaves and place 1 tablespoon of the filling on the underside of the leaf and fold over and roll tightly. Place a few coarse leaves on bottom of pot. Carefully arrange rolls in the pot. Weight down with a heavy plate. Add remaining olive oil, lemon juice and boiling water to barely cover. Bring to a boil and then simmer for 20 minutes over low heat. When served sprinkle with 3 tablespoons lemon juice.

GREEN BEANS WITH TOMATOES
(Fasolakia Me Tomates)

- 2 *lb. string or pole beans*
- 1 *lg. onion, sliced*
- 3 *med. tomatoes, chopped*
- 1 *cup olive oil*
- 1/2 *cup chopped parsley*
- *Salt & pepper to taste*
- 1/4 *tsp. sugar*

Trim and snap beans in half. Wash well and drain. Heat olive oil and fry onions till transparent. Add beans and stir well for about 4 minutes. Add tomatoes, salt, pepper, parsley, sugar. Stir. Add enough water to cover. Simmer till beans are tender.

BAKED LENTILS
(Faki tou Fournou)

- 2 *cups lentils, boiled drained, mashed*
- 1 *cup tomato sauce*
- 2 *eggs*
- 1 *cup breadcrumbs*
- 3 *tsp. parsley*
- *Salt & pepper to taste*
- 1/2 *cup chopped celery*
- 3 *tbsp. onions, chopped*
- 1 *cup walnuts, chopped*

Combine lentils and tomato sauce, breadcrumbs, celery, onion, parsley, salt, pepper and chopped walnuts. Beat eggs lightly and add. Mix well. Put in a buttered baking pan. Bake at 350 degrees for approximately 10 to 15 minutes. Serve hot or cold.

RHODES STYLE LENTILS WITH NOODLES

1 *lb. lentils*
12 *oz. noodles*
2 *lg. chopped onions*
4 *tbsp. olive oil*
2 *qts. cold water*
Salt & pepper to taste
1 *cup boiling water*

Put lentils in a pot with cold water and cover. Bring to a boil. Reduce heat and continue to cook until lentils are just soft. Add noodles, salt, pepper. Add boiling water, continue to cook until tender. While cooking, fry onions in oil until brown. Drain lentils and noodles. Place in serving dish and pour olive oil and onions over them. Serve hot. Serves 6.

MACARONI WITH CHEESE
(Makaronatha)

1 *lb. Feta cheese*
1 *lb. cottage cheese*
5-6 *eggs, beaten*
1/2 *qt. milk*
1/2 *lb. butter*
1 *lb. elbow macaroni*

Blend all the above with cooked elbow macaroni and bake in 350 degree oven for 10 minutes. Top with cream sauce. Return to oven and bake for 1/2 hour in 350 degree oven.

CREAM SAUCE: Beat together 5 eggs, 1/2 quart milk, and 2 tablespoons cornstarch and cook slowly until thick.

MACARONI WITH FETA CHEESE
(Makaronatha)

1 *lb. macaroni*
1 *lb. Feta cheese*
1/2 *cup milk*
2 *oz. butter*
1/2 *cup Parmesan cheese*
Salt to taste

Cook macaroni about 15 minutes or until tender in 4 qts. of rapidly boiling water. Drain and put back in pot. Simmer butter until melted and pour over macaroni mixing gently. Mash Feta cheese and add milk, mixing well to make a sauce. Pour over macaroni. Simmer for a couple of minutes at low flame. Take pot off heat and sprinkle with Parmesan cheese and serve.

STEWED OKRA
(Bamyes Yahni)

- 1 *lb. okra*
- 1/2 *cup vinegar*
- 2 *med. onions, sliced thin*
- 1/2 *cup olive oil*
- 3 *tbsp. butter*
- 1 1/2 *cups canned tomatoes*
- 2 *garlic cloves*
- 1 *tbsp. parsley, minced*
- *Salt & pepper to taste*
- *Water to cover*

Wash fresh okra and trim by removing cone-shaped portion at top. Sprinkle with vinegar and allow to stand for 30 minutes. Rinse well with cold water. Saute onions in olive oil. Add tomatoes and simmer for a couple of minutes. Add garlic, okra, parsley, salt and pepper. Add butter and enough water to cover. Bring to boil then simmer 15 to 20 minutes or until okra is done.

OVEN BROWN POTATOES
(Psites Patates)

- 6 *lg. potatoes*
- 6 *tbsp. butter or margarine*
- *Salt & pepper to taste*
- 2 *chicken boullion cubes*
- *Juice of 1/2 lemon*
- *Water*

Melt butter in a 8x12 inch baking dish. Peel and cut potatoes in 1 1/2 inch pieces and place in a baking dish. Sprinkle with salt, pepper and parsley flakes. Add lemon juice, buillion cubes disolved in enough water to cover potatoes. Bake uncovered in oven at 375 degrees for 1 hour or until cooked and lightly brown.

Note: You can use drippings from baked lamb or chicken and add water as needed.

POTATOES WITH TOMATOES

3 *med. potatoes, quartered*
3 *onions, chopped*
3 *chopped tomatoes*
1/2 *cup of olive oil*
Salt & pepper to taste
3 *tbsp. parsley, minced*

Wash potatoes and set aside. Heat olive oil and fry onions until golden brown. Add tomatoes and simmer until soft. Add potatoes, salt and pepper and enough hot water to cover. Cook until potatoes are soft and sauce is thick. Garnish with minced parsley.

RICE PILAF
(Limnotico Pilafi)

1 *cup long grain rice*
1/4 *cup butter*
2 1/2 *cups chicken stock, hot*
1 *tsp. salt*
1 *med. onion, chopped*
1/2 *bay leaf*
2 *whole cloves*
1/4 *stick cinnamon*
1/8 *cup pignoli nuts or*
1/4 *cup walnut pieces*
2 *tbsp. currants*

In a heavy saucepan, brown rice in butter until it puffs and then add stock and rest of the ingredients and stir. Cover and simmer gently until stock is absorbed (15 to 20 minutes). Serve with roast chicken or roast lamb. Makes 4-5 servings.

BAKED SPINACH
(Spanaki Tu Fournou)

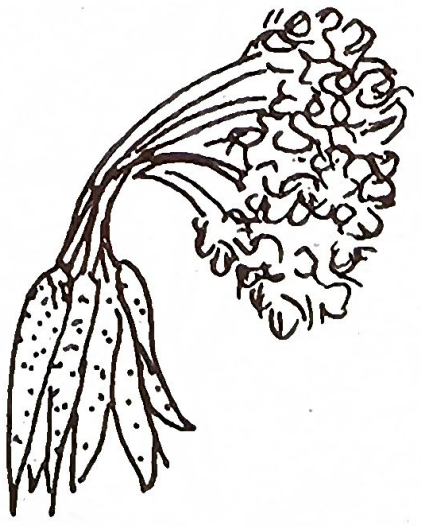
- 1 1/2 *lbs. fresh spinach*
- 3 *tbsp. minced onion*
- 3 *tbsp. butter*
- 2 *tbsp. dill, minced*
- 4-5 *tbsp. all purpose flour*
- 2 *cups milk*
- 3 *hard boiled eggs chopped*
- 1/8 *tsp. cinnamon*
- 1/2 *cup Feta Cheese*
- 1/2 *cup buttered breadcrumbs*
- *Salt & pepper to taste*

Wash spinach well. Cook, drain well and chop. Saute onion in butter until transparent. Blend in flour and gradually stir in milk. Cook until smooth and thickened and add chopped spinach, eggs, cinnamon, dill, cheese, salt and pepper. Pour into a baking dish. Sprinkle breadcrumbs evenly on top and bake for 20 minutes or until golden.

SPINACH WITH RICE
(Spanakorizo)

- 2 *pkgs. frozen chopped or*
- 2 *lbs. chopped fresh spinach*
- 1/2 *cup minced onion*
- 2 *garlic cloves, minced*
- 2 *med. tomatoes, diced*
- 1 *tbsp. chopped dill*
- 1/2 *cup long grain rice*
- *Salt & pepper to taste*
- 1 *cup water*

Wash fresh spinach carefully several times. Drain well. Heat oil in saucepan. Add onion and cook until transparent. Add garlic and tomatoes. Add rice and stir about 4-5 times. Add water, dill, spinach, salt and pepper. Stir and let come to a boil. Lower heat, cover and simmer about 20 minutes.



HUBBARD SQUASH PATTIES
(Kolokithokeftethes)

3	*cups Hubbard squash*	2	*eggs, lightly beaten*
2	*large onions, chopped*		*Salt & pepper to taste*
3	*tbsp. grated cheese*		*Olive oil for frying*
2	*tbsp. melted butter*		*Butter*
2	*cups soft breadcrumbs*		*Flour*

Peel squash, scrape out the seeds. Cut into halves and boil in salted water with onion until soft. Drain well and mash until smooth. Place in mixing bowl with rest of ingredients except frying oil, butter and flour and mix well. Chill 1 hour. Shape into balls and flatten slightly. Roll in flour. Pat off excess. Fry in equal parts of butter and oil.

TOMATOES PROVENCALE
(Do Mates Yemestis)

4 tomatoes hollowed out and center salted. Invert for 30 minutes to drain.

Mix well:

3	*slices soft white bread crumbs*	1/2	*cup chopped black olives*
1	*garlic clove, crushed*	1/2	*cup chopped parsley*
1	*tsp. oregano*	2	*tbsp. olive oil*
1	*scallion, finely chopped*		

Stuff tomatoes with mixture, sprinkle with a bit of olive oil and bake at 375 degrees for 15-20 minutes.

HINT: If you cut a thin slice off the bottom of the tomatoes, they will not roll around your baking dish.

STUFFED TOMATOES
(Domates Laderes)

- 12 *tomatoes*
- *Salt to taste*
- *Pinch of sugar*
- 2 *large onions, grated*
- 1 1/3 *cups olive oil*
- 1/2 *cup parsley, chopped*
- 1/3 *cup dill, chopped*
- 1/2 *cup raisins or currants*
- 1/2 *cup pignolia nuts*
- 1 *cup rice*
- *Salt & pepper to taste*
- 3/4 *cup water*

Scoop out the pulp from tomatoes; save caps. Sprinkle centers with salt and sugar. Saute onions in 1/4 cup of olive oil until soft. Mix onions, parsley, dill, raisins or currants, pignolia nuts, rice and 1 cup of olive oil. Season to taste with salt and pepper. Fill tomatoes with this mixture. Cover with tomato caps and place in casserole with remaining olive oil and water. Cover and simmer for about 30 minutes until rice is done. Serve warm or cold. Tomatoes may be placed in a baking pan and baked in 350 degree oven until rice is done. Uncover last 10 minutes to brown tops.

VEGETABLE CASSEROLE
(Tourlou Tava)

- 3 *potatoes, cut up*
- 2 *10 oz. pkgs. frozen string beans*
- 2 *10 oz. pkgs. frozen okra*
- 3 *med. zucchini, cut in pieces*
- 1 *lg. onion, sliced*
- 1/2 *cup celery, cut in chunks*
- 2 *tsp. parsley*
- 1 *15 oz. can tomato sauce*
- 2 *tbsp. margarine*
- 2 *tbsp. oil*
- *Salt & pepper to taste*

Layer vegetables in baking pan or casserole dish. Pour tomato sauce over vegetables. Add salt, pepper, margarine, oil, and 1/2 cup water. Cover, cook for about 30 minutes in 350 degree oven. Remove cover, continue to bake 15 more minutes until vegetables are slightly browned.

Variations:

1. Add 3 medium carrots cut into chunks and any vegetable you like in combination.

2. Instead of tomato sauce use 3 medium fresh tomatoes, chopped.

VEGETABLES IN BRINE
(Toursi)

Whole green tomatoes
Celery stalks (in 2-3 inch pieces)
Cauliflower
Green peppers

Brine
Vinegar
Garlic
Whole mixed spices
Fresh dill

To make brine, insert an uncooked egg (in shell) in water. Add enough salt to water so that egg will break surface of water in the visible diameter of a dime. Wash all vegetables and place in jars. fill jars with brine, sealing tightly. Shake and turn jars every other day for 10 days. Remove brine. Fill jars with vinegar. Refrigerate. After 10 days, add 2 or 3 cloves of garlic, sliced in half, 1 teaspoon mixed whole spices, 1 sprig of fresh dill and refrigerate. Leave toursi in jars for 2 or 3 weeks shaking now and then. Toursi will last for months.

BAKED ZUCCHINI
(Colokithakia Tou Fournou)

6 *small zucchini*
3 *eggs*
5 *scallions with tops, chopped*
1/2 *cup dill*
1/2 *cup mint leaves, chopped*
1/2 *cup parsley, chopped*
1 *cup Swiss cheese, grated*
1/2 *cup grated Feta cheese*
1 1/2 *cups all purpose flour*
Salt & pepper to taste
Dash cayenne pepper
4 *tbsp. butter*
10 *ripe olives (optional)*

Preheat oven to 350 degrees. Scrape, wash and dry zucchini, grate coarsely into a large bowl. A food processor makes this a snap! Add eggs, dill, mint, parsley, and cheese. Add flour a little at a time, mixing constantly. Add salt, pepper, and cayenne. Grease 9x9x2" oven proof dish with 2 tbsp. butter. Pour in mixture evenly. Decorate with olives and dot top with rest of butter. Bake for 45-55 minutes or until well browned. Cut into squares. Serve hot or cold as a side dish with meat, poultry, or fish. Serves 10-13.

ZUCCHINI PARMESAN
(Kolokithakia)

1/4 *cup olive oil*
1 *small onion, chopped fine*
3 *med. zucchini, not peeled sliced medium*
1 *tbsp. white vinegar*
1/4 *tsp. oregano*
1/4 *tsp. basil*
1/2 *tsp. salt*
Pinch of pepper
3 *tbsp. grated Parmesan cheese*
4 *tbsp. tomato sauce*

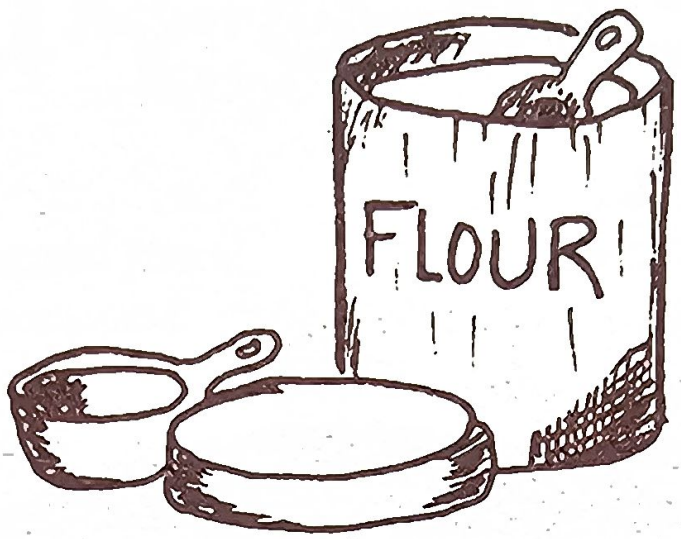
Place olive oil in skillet with onions and simmer until transparent. Add zucchini, vinegar oregano, basil, salt and pepper. Simmer for approximately 10 minutes. Turn zucchini over carefully. Top with tomato sauce and sprinkle with Parmesan cheese. Cover and simmer for another 10 minutes or until tender.

ZUCCHINI PATTIES

4 *zucchini*
2 *eggs, lightly beaten*
1/2 *cup flour*
1/3 *cup parsley*
Salt & pepper to taste
Oil for frying

Peel and grate the zucchini. Add 1 teaspoon salt. Mix and drain very well. Mix in parsley, flour and pepper to taste. Form into patties and fry in oil until brown, turning once.

Bread & Pites



BREADS

EASY WHOLE WHEAT BREAD

2 1/2 *cups of whole wheat flour*	1/2 *tsp. brown sugar*
1/2 *tsp. cinnamon*	1 *beaten egg*
1/2 *tsp. salt*	1/2 *cup of molasses*
2 *tsp. baking powder*	1/2 *cup Mazola oil*
1 *tsp. soda*	2/3 *cup buttermilk*

Sift together all dry ingredients. Add beaten egg, molasses, Mazola, buttermilk. Mix well. Pour into a well greased 9x5 inch loaf pan and bake at 350 degrees for 60 minutes.

GREEK BREAD
(Psomi)

1 *cup scalded milk*	1 *envelope yeast*
1/2 *cup olive oil*	1/3 *cup lukewarm water*
1 *tsp. salt*	5 *cups sifted flour*
3 *tbsp. sugar*	*Sesame seeds (optional)*

Add olive oil, salt and sugar to scalded milk and stir. Sprinkle yeast in warm water and stir to soften yeast. In a large bowl add sifted flour. Make a well in center and add yeast mixture. Slowly add milk mixture and knead to a smooth dough. Place dough in a greased bowl. Turn dough over so that top is greased. Cover with waxpaper and let rise until double in bulk. Knead again and form into loaves. Place loaves in well greased bread pans. Brush with butter or a little olive oil. Cover and let rise in warm place until double in bulk. Brush with a little milk. Sprinkle with sesame seeds. Bake in 375 degree oven for 45 minutes. Makes 2 loaves 3x10 inches.

GREEK PEASANT BREAD
(Horiatiko Psomie)

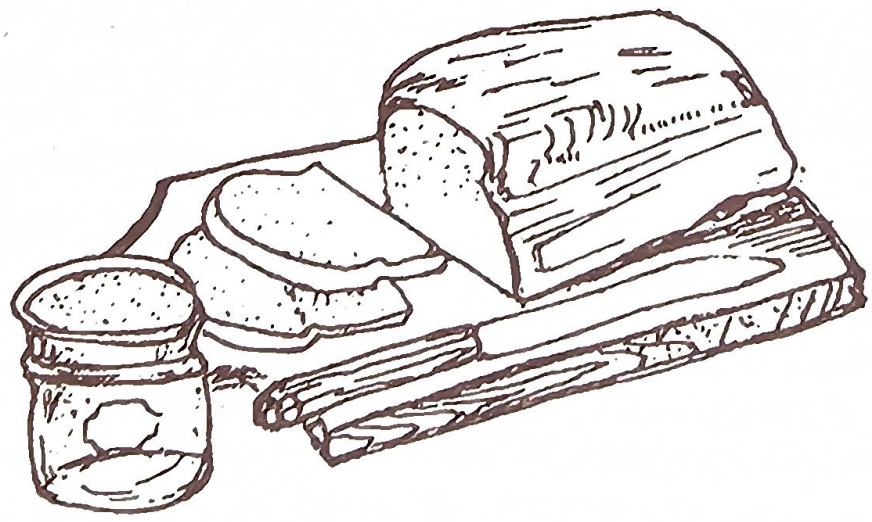
3	*tbsp. sugar*	2	*cakes yeast*
1 1/2	*tsp. salt*	1	*cup warm water (85 degrees)*
1/4	*cup luke warm milk(85 degrees)*	6	*cups flour, sifted*
6	*tbsp. butter*		

In a large bowl combine sugar, salt, and butter. Stir in the milk. Soften yeast in the water. Add softened yeast to the milk mixture. Gradually stir in the flour. Mix well. Knead well until smooth. About 10 minutes. Place in a lightly greased bowl, swish dough around turning over once. Cover and set in a warm place until double, 1 1/2 to 2 hours. Punch down and knead for 2 minutes. Divide in half and place in 2 well greased 9 inch round cake pans and let rise until double (about 1 hour). Bake in 350 degree oven for 40 to 50 minutes or until done. Makes 2 loaves.

HONEY NUT BREAD

1	*cup of honey*	1/2	*cup white raisins*
3	*tbsp. butter*	2/3	*cup chopped pecans*
1	*egg*	1	*tsp. salt*
2 3/4	*cups all-purpose flour*	1	*tsp. baking soda*
3/4	*cup of buttermilk*	1	*tbsp. grated orange rind*

Cream honey and butter until fluffy. Add egg and beat well. Combine flour, salt and soda. Add to creamed mixture alternately with buttermilk, beating well after each addition. Fold raisins, nuts and orange peel. Pour into well greased loaf pan and bake at 350 degrees for 1 1/2 hours or until done.



OLIVE BREAD

2 *packages active dry yeast*	1 *tsp. white pepper*
1 *tsp. honey*	1/2 *tsp. salt*
2 *cups warm water*	10 *cups whole wheat flour*
5 *tsp. olive oil*	1/2 *cup black olives pitted & chopped*
1 *medium onion, chopped fine*	

Dissolve yeast in 1/2 cup water. Add honey. Cover and let stand in warm place for 5 to 10 minutes.

While yeast is proofing, saute onion in 1 tablespoon olive oil until soft but not brown. Set aside.

Mix pepper and salt with the flour in a large bowl. Make well in the center. Add the onion, scraping the pan with a spatula to get the oil. Add the remaining 4 tablespoons oil the yeast mixture and the remaining 1 1/2 cups water. Mix well. Dough should be soft and elastic. Add more water if needed.

Turn dough on a well floured board. Flatten and sprinkle with olives. FLour hands, knead olives into bread and continue kneading until bread dough is smooth and springy, adding flour to the board as needed.

Place dough in a large greased bowl. Cover and set in a warm place to rise until double in bulk (2-3 hours). Punch dough down. Divide in two. Knead each piece well. Form each piece in a loaf. Place in a buttered loaf pan, cover wit h wax paper and towel and set in a warm place to rise until double (1 hour).

Heat oven to 450 degrees. Bake loaves 10 minutes. Lower heat to 350 F and bake 30 to 35 minutes or until tops sound hollow when tapped. Remove from oven.

Brush tops with a little olive oil. Let loaves cool in pans 10 minutes, remove and set on wire rack to cool.

(This bread freezes well)

ORANGE SLICE BREAD
(Portokalo-psomo)

- 3/4 *cup shortenin or margarine*
- 3 *cups light brown sugar*
- 2 *eggs*
- 1 *tsp. salt*
- 2 *tbsp. brandy*
- 1/2 *cup orange juice*
- 1 *cup of milk*
- 1 *tsp. soda in 1/2 cup yogurt*
- 4 1/4 *cups of flour, sifted*
- 2 *cups of dates, cut fine*
- 1 *lb. orange slices, cut in small pieces*
- 1 *cup nuts*
- 1 *tsp. cinnamon*
- 1/4 *tsp. nutmeg*

Cream shortening and sugar. Add beaten eggs, salt, orange juice, brandy, milk, and the soda mixed in the yogurt. Add sifted flour, dates, cut up orange slices, nuts and spices. Mix well. Put into 2 well-greased bread pans. Bake at 325 degrees for 45-60 minutes. Yields 2 loaves.

PASTRY SHEETS
(Filo)

- 2 *cups flour*
- 1/2 *tsp. salt*
- 1 *cup warm water*
- 4 *tbsp. oil*

In mixing bowl, mix flour and salt. Gradually add water, mixing well and knead about 10 minutes. Work in the oil and knead another 5 minutes or so until texture is smooth and elastic. Use a little oil on hands to make handling the dough easier. Cover with a tea towel to keep from drying. Wet half of towel, fold once and place the dry side over dough. Allow to stand 2 hours. Divide dough in half; keep one half covered while you work with the other half.

Sprinkle a little cornstarch on the table, about 1 tablespoon, and flatten dough with hands. Roll out with a long, narrow rolling pin, wooden dowl or old clean broom handle, until dough is quite thin, using a little cornstarch occassionally. Now stretch and pull the dough by hand until it is paper-thin. Run hands under dough and use knuckles and top of hand to stretch dough. Cut pieces as needed in size, working quickly as dough dries quite fast.

PUMPKIN BREAD
(Kolokithopsomo)

- 1 2/3 *cups sifted regular flour*
- 1/2 *tsp. baking powder*
- 1 *tsp. baking soda*
- 1/2 *tsp. salt*
- 1 *tsp. cinnamon*
- 1 *tsp. nutmeg*
- 1 1/3 *cup sugar*
- 1 *tsp. vanilla*
- 2 *eggs*
- 1 *cup canned mashed pumpkin*
- 1/3 *cup water*
- 1 *cup chopped walnuts or pecans*
- 1/3 *cup butter or margarine*

Grease a loaf pan 9x5x3 inches. Sift flour, baking powder, soda, salt, cinnamon, and nutmeg together. Cream shortening, sugar and vanilla in mixing bowl. Add eggs, one at a time, beating well after each addition. Add pumpkin, stir in dry ingredients alternately with water till just smooth. Do not over beat. Stir in nuts and turn into prepared pan. Bake in preheated oven 350 degrees for 45-50 minutes or till cake tester comes out clean. Cool on wire rack. Freezes well.

RAISIN BREAD
(Stafithopsomo)

- 1 *cup dark raisins*
- 3 *pkgs. dry yeast*
- 1 *cup lukewarm water*
- 3 *tbsp. granulated sugar*
- 3 *tsp. salt*
- 1/4 *cup butter*
- 3 *eggs*
- 1 *cup molasses*
- 3 *cups white all-purpose flour*
- 2 *cups+2 tbsp. whole wheat flour*

Soak raisins in water for approximately 1 hour. In a large bowl put lukewarm water and yeast. Stir to dissolve. Add sugar, salt, butter, eggs. Stir well. Sift all-purpose flour and whole wheat flour together. Add to the mixture in bowl. Drain raisins well and then pat with paper towel and add to dough mixture. Knead dough, adding additional flour if needed to make dough smooth and non-sticky. Place the dough in a large buttered bowl turning it so the top sides are greased. Cover and let rise in a warm, draft free place until double in bulk for about 1 1/2 hours. Turn dough out on a lightly floured board. Punch dough down with fists and divide into 2 loaves. Grease 2, 9 inch x 5 inch x 3 inch loaf pans. Preheat oven for 10 minutes at 400 degrees. Lower oven to 350 degrees and place pans in oven to bake for 25 to 35 minutes. The breads will sound hollow when tapped on the bottom.

SWEET BREAD
(Tsoureki)

2 *pkgs. yeast*	4 *eggs, beaten*
1 *tsp. sugar*	3 *cups warm milk*
4 *tsp. flour*	11-12 *cups flour*
1 *cup butter*	1 *tsp. mastiha*
2 *cups sugar*	*(obtained in specialty store)*

Dissolve in 1 cup of warm water yeast, sugar and 4 teaspoon flour. Scald milk, remove from heat and add sugar and butter. Stir and cool to lukewarm. Pound mastiha into a powder with mortar and pestle. Add to warm milk mixture. Add beaten eggs to yeast mixture and mix well. Sift flour, measure and sift again. Add half of flour to dough. Turn dough onto lightly floured board. Knead about 10 minutes until smooth and satiny. Place in greased bowl. Brush with melted butter. Cover and let rise in warm place for about 2 hours or until double in size. Punch down and turn onto board and knead lightly. Shape into loaf size and place in six 5x10" greased loaf pans. Brush with beaten egg yolk. Sprinkle with sesame seeds if so desired. Cover and let rise until double in size (about 1 hour). Bake in preheated 350 degree oven for 30 minutes. Dough can be made in different shapes.

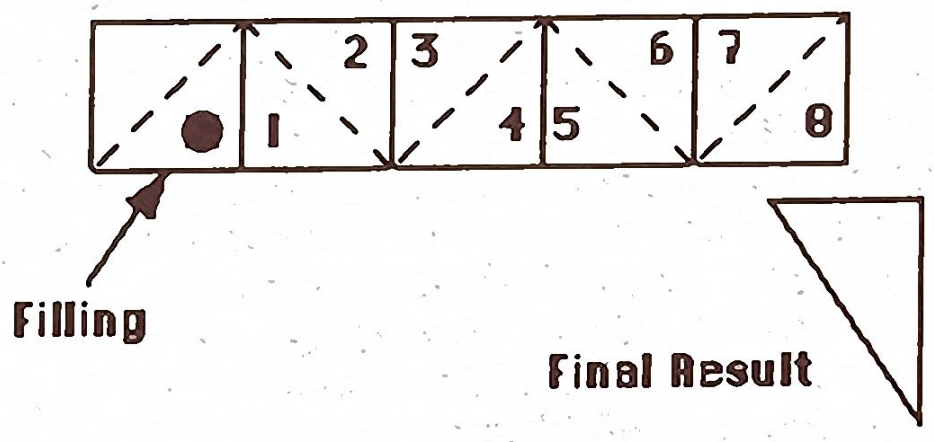
PITES
FILO

1/2 lb. Filo = Approx. 12 sheets
1 lb. Filo = Approx. 25 sheets

TRIANGLE SHAPE OF FILO

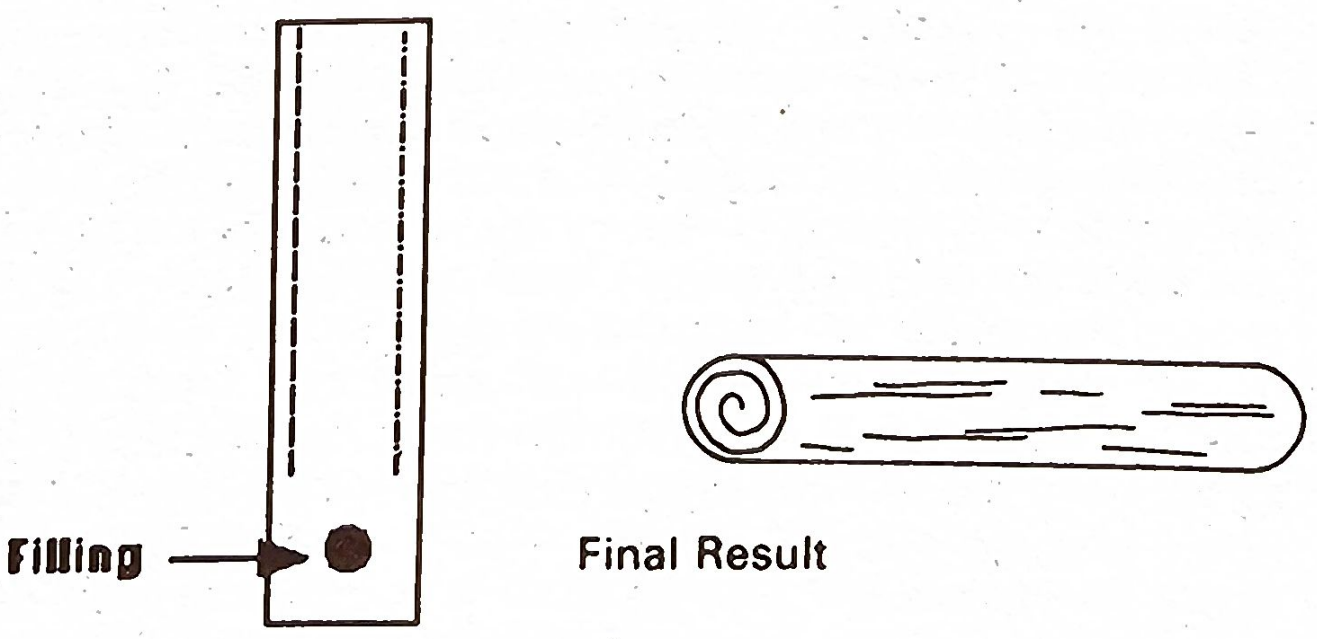
Cut standard sheets of filo into 4 rectangular strips about 3 inches in width. Take one at a time, keeping the rest covered with waxpaper as not to dry out, and brush with warm melted butter. Put 1 teaspoon of filling as shown below, designated by a black dot. Fold the top corner over filling making a triangle. Then fold the angle over again and again until the whole strip is folded. Tuck loose end neatly into triangle.

Start at this corner and fold over filling



CIGAR SHAPE

Cut strips and butter as instructed above. Place filling in the middle of the lower end of strip. Fold over a couple of times into cigar shape. Tuck edges in and continue to roll in cigar form till the whole strip is used. When baking make sure the seam side is placed down.



BOUREKAKIA
(Cheese Puffs)

2 *tbsp. butter*
2 *tbsp. flour*
1 *cup cream*
1/4 *tsp. salt*
1/3 *tsp. white pepper*
1/4 *tsp. nutmeg*
1/2 *lb. Feta cheese, crumbled*
2 *tbsp. butter*
2 *large eggs*
12 *sheets Filo*
1/2 *tsp. dill*

Melt butter and blend in flour. Add cream gradually, stirring constantly. Reduce heat and cook for three minutes longer. Add seasonings. Let sauce cool. Add crumbled Feta cheese to cooled white sauce. Add eggs one at a time and mix. Cut pastry sheets in 4x7" pieces, brush with melted butter, and place one tbsp. of cheese mixture at one end and roll 2 turns. Fold each side inch to center and complete rolling. Continue to make Bourekakia until the pastry sheets and cheese mixture have been used. Place cheese rolls in buttered baking pan brushing each roll with melted butter. Bake at 350 degrees for 30 minutes or until golden brown. Serve warm. Triangle cheese canapes may be made by placing one teaspoon of cheese filling on the end of the Filo sheet and folding it over in shape of a triangle. Place in baking pan, brush with melted butter and bake as above.

BOUREKIA WITH MEAT
(Bourekia Me Kreas)

PASTRY DOUGH:

4 *cups flour*
2 1/2 *tsp. baking powder*
1 *tsp. salt*
1/2 *cup Crisco*
3/4 *cup milk*

Combine flour, baking powder and salt. Cut in shortening with pastry blender. Add milk. If more milk is needed, add to make dough soft but not sticky. Cover with waxpaper and set aside.

FILLING:

3/4 *lb. lean ground beef*
1 *large onion*
2 *tbsp. butter*
3/4 *cup peeled & chopped tomatoes*
1 *tbsp. fresh dill, minced*
Salt and pepper to taste
1 *egg, beaten*

Saute meat, onions in butter. Add tomatoes and dill. Simmer for 5 minutes stirring occasionally. Remove from heat and add salt and

pepper. Let cool. When cooled add egg mixing well. Roll out dough thinly on a well floured board. Cut into squares. Add filling and fold into triangles. Moisten edges with water and seal. Brush with milk. Bake at 375 degrees for 35 minutes.

EASY KALTSOUNIA

- 2 *eggs, beaten*
- 4 *oz. Feta cheese, crumbled*
- 1 *tube refrigerated buttermilk biscuits*
- *Sesame seeds*
- 1 *tbsp. snipped parsley*

In a small bowl combine first beaten egg, Feta cheese and parsley. Seperate biscuits. On lightly floured surface roll each biscuit to a 4 inch circle. Add 1 teaspoon of egg-feta mixture. Fold opposite edges to center. Fold remaining edges together. Place seam side up on greased baking sheet. Brush with beaten egg. Sprinkle with sesame seeds. Bake in 425 degree oven for 10-12 minutes. Serve hot. Makes 10.

GREEK SAUSAGE ROLL

- *Enough Greek sausages for 4 people*
- 2 *tbsp. snipped parsley*
- *Pie crust (homemade)*

Roll dough out to fit the piece of sausage you need to cover and set aside. Boil sausages in saucepan for approximately 5 minutes. Drain sausages and pat dry. Place on rolled dough. Add 2 teaspoons of cheese and 1 teaspoon of butter. Roll crust over sausages. Brush with remaining butter and cheese and bake in medium oven for 15 minutes to half an hour.

GREEK SHEPHERDS PIE
(Tsopaniki Pita)

- 4 *large potatoes*
- 1 *lb. ground lamb or beef*
- 2 *garlic cloves, crushed*
- 1 *large chopped tomato*
- 1 *large chopped onion*
- 1/2 *cup butter*
- *Salt and pepper to taste*

Cook potatoes in their skins until very soft. As soon as they are cooled enough to handle, peel and mash. Add salt and pepper and butter reserving 3 tbsp. of butter. Heat 3 tbsp. butter in pan.

Add meat and stir well. As it browns, add garlic, onions and tomatoes. Cook gently about 15 minutes. Add salt and pepper. Rub a casserole lightly with butter. Add half of the mashed potatoes. Then the meat mixture. Cover with remaining mash potatoes. Dot with butter and bake in 350 degree oven until golden brown. Serves 6.

KOTOPITA
(Chicken Pie with Filo)

2 *broiler chickens*
2 1/2 *tbsp. butter*
1 *large onion, finely grated*
Salt and pepper to taste
1/2 *tsp. ground cinnamon*
1/2 *tsp. ground allspice*
4 *tbsp. finely chopped parsley*
7-8 *eggs*
2/3 *cup melted butter*
18 *sheets Filo*
1 *tbsp. sugar*
1/4 *tsp. ground cinnamon*
1 *cup almonds, chopped and sauted in butter*
1 *egg yolk, beaten (to glaze)*

Wash broilers and quarter them. Simmer in a little water with butter, onions, salt, pepper, cinnamon, allspice and parsley. Add more water only if it requires more. Cook until tender. Remove skin and bone and cut meat into small pieces. Take 1/2 cup of stock and beat well with eggs. Season with salt and pepper and pour into small saucepan. Cook over low heat, stirring constantly until mixture is creamy. Remove from heat. Brush a 13 inch oven dish with butter. Lay a sheet of filo in the dish so that ends fold up and overlap the edges. Lay 6 filo sheets on top of each other brushing melted butter between each layer. Sprinkle top layer with sugar and cinnamon and almonds. Spread more than 1/2 of the egg mixture over this. Sprinkle with a little of the remaining chicken stock. Cover with 4 layers of filo, brushing again each layer with melted butter. Lay pieces of boned chicken and cover with the rest of egg mixture. Sprinkle again a little of the chicken stock. Bring over-lapping sheets up and fold over filling. Cover with remaining filo sheets, again brushing each layer with butter. Tuck top filo sheets between the bottom sheets and sides of dish. Brush with beaten egg yolk. Bake in 350 degree oven for 40 minutes. Raise oven to 425 degrees and bake for additional 15 minutes or until pastry is crisp and golden in color. Sprinkle with sugar mixed with cinnamon. Let cool slightly and cut in squares to serve.

PUMPKIN OR SQUASH BOUREKIA

- 2 *grated butternut squash or*
- 1 *small can pumpkin*
- 7 *eggs, well beaten*
- 1 1/2 *cups nuts, ground*
- 2 *cups sugar*
- 2 *lbs. cornstarch (to consume any moisture)*
- 1 *cup farina*
- *Dash of cinnamon*
- 1 *lb. filo*
- 1/2 *cup butter, melted*

If you use squash, squeeze out moisture. Mix all ingredients thoroughly. Butter 9x13x2 inch pan. Place Filo dough in pan and butter lightly. Repeat for seven layers of Fllo. Spread filling evenly and cover with ten layers of Filo, buttering each layer. With sharp knife, score through about three layers. Bake at 350 degree oven for 45 minutes or until golden brown. After pita cools, complete cutting. Option: make into individual puffs as spinach cheese puffs.

SAUSHAGE PIE
(Loukanico Pita)

- 1 *pie shell (10 inch) prebaked for 10 minutes*
- 1 *lb. 1/2 sliced Greeksausage*
- 1 *large onion (chopped fine)*
- 2 *eggs, slightly beaten*
- 4 *tbsp. milk*
- 3/4 *lb. spinach (chopped)*
- 1/2 *cup sliced mushrooms*
- 1 1/2 *cup cottage cheese(drained)*
- 1/4 *tsp. oregano*
- 1 *small garlic clove (crushed)*
- 3 *tbsp. Parmesan cheese*

In skillet brown sausage and onions. Drain fat. Add eggs, milk, spinach, mushrooms, cottage cheese, oregano and garlic. Put into cooled pie shell. Sprinkle with Parmesan cheese. Bake 350 degrees for 40 minutes. Makes 6 servings.

SPANAKOPITES I
(Spinach Cheese Puffs)

- 1/2 *lb. Filo (strudel leaves)*
- 1/2 *lb. Feta Cheese*
- 6 *oz. Pot Cheese*
- 1/2 *cup (1/4 lb.) butter*
- 3 *eggs*
- 1 *pkg. frozen chopped spinach*
- 1 *medium onion*
- 1/4 *cup olive oil*
- 1/4 *cup breadcrumbs*

Chop onion very fine. Saute the onion in olive oil for 5 minutes. Add the thawed spinach from which as much water as possible has been drained. Allow to simmer with the onion over a low flame, stirring occassionally.
Crumble the Feta cheese into small pieces. Add the Pot cheese and blend well. Beat the eggs and add, mixing well. Toss the breadcrumbs into the spinach-onion mixture, and add to cheese. Stir until well blended.

Cut sheets of Filo into halves. Refrigerate 1/2 and cover the other 1/2 with a damp towel. Brush each 1/2 sheet well with melted butter. Place 1 tablespoon of the spinach-cheese mixture 1 inch from narrow side of sheet. Fold the inch margin over mixture. Fold along edges in toward the middle. Butter again, and roll compactly to end.

Bake the Spanakopites in a preheated 425 degree oven for 20 minutes or until golden brown, turning once. Allow to cool 5 minutes before serving.

Note: These can be frozen before baked, just give them another 5 minutes in the oven.

SPANAKOPITA II
(Spinach pie)

3	*10 oz. pkgs. frozen chopped spinach, thawed*	4	*eggs*
		1	*onion, chopped*
1/2	*lb. Feta cheese crumbled*	1/2	*lb. margarine or butter, melted*
1/2	*lb. cottage cheese*	1/4	*cup breadcrumbs*
1	*tbsp. dill*	1/2	*lb. Filo (strudel leaves)*

Drain spinach, squeeze out water. Saute onion for 5 minutes, add spinach. Allow to simmer with onion over low heat about 5 minutes, stirring. Add dill and breadcrumbs, mixing well, remove from heat. Blend Feta cheese with cottage cheese in large bowl. Beat eggs, add to cheese and blend mixing well. Combine cheese and spinach mixtures, blend well again. Place 8 sheets of Filo in greased 9x12" pan, brushing each sheet with melted margarine or butter. Spread spinach-cheese mixture evenly and cover with 8 sheets of Filo, again brushing each sheet with margarine or butter. Fold edges to retain mixture. Bake in 350 degree oven until golden brown (about 1 hour). Cut in squares and serve. This pita can be frozen unbaked for later use.

SQUASH PIE

- 6 *medium crooked-neck yellow squash*
- 12 *saltine crackers*
- 1 *medium size onion*
- 2 *cups shredded mild cheddar cheese*
- *Dash of pepper*
- 2 *tbsp. butter or margarine*
- 1 *egg*

Clean squash and cut in small pieces. Chop onion. Boil squash and onion for about 20 minutes. Drain after cooked and place in bowl. Add 1 cup shredded cheese, egg, butter, pepper and crackers and mash all together. Put all ingredients in a pie pan. Add 1 cup cheddar cheese(shredded) on top. Bake 325 degrees in oven for about 20 minutes or until cheese on top is melted.

TIROPETES
(Cheese Triangles)

- 1/2 *lb. Feta cheese, crumbled*
- 1 *large cottage cheese or*
- 1 *lb. Farmers cheese (drier)*
- 1/2 *cup Grated Parmesan Cheese*
- 4 *tbsp. chopped parsley*
- 4 *tbsp. fresh mint or dill chopped*
- 4 *egg yolks*
- 1 *lb. Filo*
- 1 *lb. melted butter*

Drain cottage cheese by sitting in strainer over bowl for a few hours. Mix the first five ingredients. Cut Filo in 3 inch wide, long strips. Brush with melted butter. Place one teaspoon cheese mixture at bottom of strip, fold up corner to form triangle. Continue folding in triangle shape until the entire strip is folded. Place triangles on cookie sheet and brush with melted butter. Bake at 375 for 15 to 20 minutes or until golden brown. Makes approximately 75 pieces.

These triangles may be prepared ahead of time and frozen. DO NOT brush tops with melted butter until you are ready to bake. When baking directly from freezer, allow more oven time.

ZUCCHINI QUICHE
(Sfogato)

Make pie crust for 10 inch pie plate. Preheat oven to 300 degrees.

- 1 *tbsp. olive oil*
- 3 *tbsp. butter*
- 1 *med. zucchini (sliced thin)*
- 1 *small tomato, chopped*
- 1/2 *tsp. garlic powder*
- 2 *eggs*
- 1 *tsp. mustard*
- *Salt & pepper to taste*
- 1/2 *tsp. dry mustard*
- 3 *tbsp. grated parmesan cheese*
- 1 1/2 *cups heavy cream*

Melt butter. Add olive oil. Saute zucchini slices until transparaent. Add garlic powder, salt, pepper, tomato. Cook for approximately 3 minutes. Beat eggs well. Add mustard and Parmesan cheese and keep beating until thick. Bring cream to boiling point only. Add slowly to the egg mixture beating constantly. Fold in zucchini mixture, mixing well. Pour in quiche plate or pie plate and bake for 45 minutes.

Desserts

Spoon Sweets

Beverages

DESSERTS
ALMOND FINGERS
(Ergolavl)

6	*cups blanched ground almonds*	3	*egg whites*
3	*cups sugar*	4	*tsp. vanilla*

In a bowl combine almonds, sugar and vanilla. Gradually add egg whites beating well. Dough should be stiff. Form into finger length and size. Place almond fingers on buttered cookie sheet and bake in 325 degree oven for 20 minutes.

ALMOND PEARS I
(Amygthalota)

1	*lb. blanched almonds, ground*	3	*tbsp. melted butter*
1	*cup granulated sugar*	1	*lb. confectioners sugar*
5	*tbsp. Cream of Wheat*	1	*cup orange flower water*
			Whole cloves

Mix almonds with sugar, Cream of Wheat, 6 tablespoons of orange water and melted butter. Knead into soft dough (if too stiff, add more orange water). Break off walnut sized pieces and shape into pears. At the end insert a clove for the stem. Arrange on a buttered and floured baking pan and bake for 20 minutes in a 325 degree oven. When almond pears are cooled, dip in orange flower water and coat with confectioners sugar.

ALMOND PEARS II
(AMYGTHALOTA)

1	*lb . blanched almonds*		*Rose or orange flower water*
1	*cup sugar*		*Butter*
3	*egg whites, lightly beaten*		*Confectioners sugar*
1/3	*cup Zwieback, grated*		*Whole cloves*
1/2	*tsp. vanilla extract*		

Mix almonds and 2 tablespoons sugar and grind fine. Add remaining sugar, vanilla, egg whites and Zweiback. Knead this mixture into a soft dough. Break off walnut size pieces and shape into pears. Insert clove at end to represent stem. Place on buttered cookie sheet. Bake 15 minutes in a 350 degree oven, cool and dip them quickly in orange or rose flower water and dust generously with confectioners sugar.

ALMOND TREATS
(Amegthalota)

- 1 *lb. ground blanched almonds*
- 1 *cup sugar*
- 1 *tsp. brandy*
- 3 *egg whites lightly beaten*
- 1/3 *cup soft white breadcrumbs*
- *Rose water*
- *Confectioners sugar*

Combine almonds, sugar, brandy, egg whites, breadcrumbs. Knead to form a dough. Shape into round balls or pear shapes and place on baking sheet Bake in 350 degree oven for 15 minutes. Sprinkle with rose water and dust with confectioners sugar.

APPLE CAKE I
(Mllo Tourta)

- 1 *cup Mazola Oil*
- 2 *cups sugar*
- 3 *cups flour*
- 4 *eggs*
- 1 1/2 *tsp. vanilla*
- 2 1/2 *tsp. baking powder*

Combine all ingredients in a bowl and beat for approximately 3 minutes. In a separate bowl combine:

- 4-5 *apples thinnly sliced*
- 5 *tbsp. sugar*
- 3 *tsp. cinnamon*

Mix well. Grease and flour tube pan and pour in half of the batter and then half of the apples. Add the other half of the batter and the remaining half of the apples. Bake in a preheated oven at 350 degrees for approximately 30 minutes.

APPLE CAKE II
(Milo Tourta)

1	*cup sugar*	2	*tsp. cinnamon*
1	*cup oil*	1	*tsp. baking soda*
2	*eggs*	1	*tsp. salt*
1 1/2	*cups flour*	1	*cup nuts*
4	*cups chopped apples*	1	*cup raisins*

Mix all ingredients, stir well and bake at 350 degrees for 45 minutes to 1 hour.

ROLLED BAKLAVA
(Baklava Orthi)

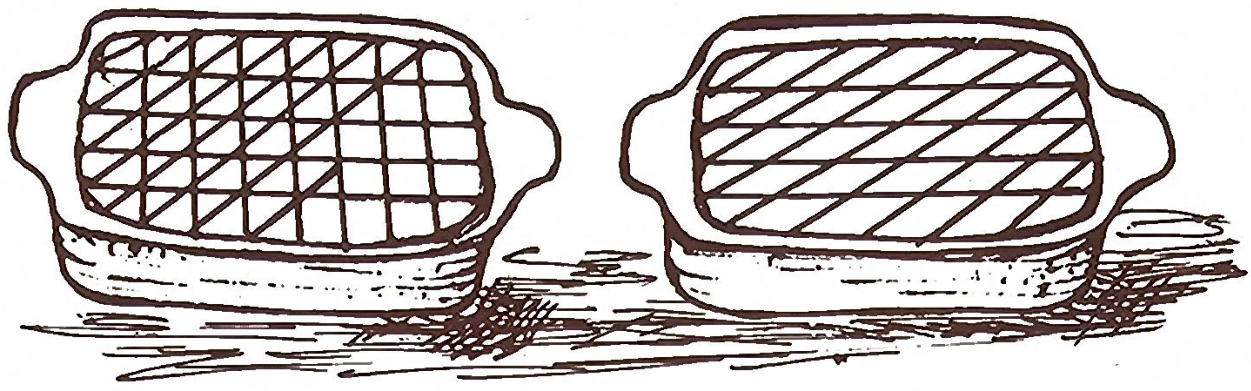
1	*lb. filo sheets*	2	*tbsp. sugar*
3/4	*lb. sweet butter, melted*	1	*tsp. cinnamon*
4	*cups walnuts, chopped fine*		*Syrup (below)*

Mix chopped walnuts, sugar and cinnamon and set aside. Take three sheets of filo pastry, keeping remaining sheets covered with wax paper and damp towel. Brush one sheet with melted butter and place second sheet on top; brush with butter, place third sheet on top and brush with butter. Sprinkle about 1/3 cup nut mixture evenly on top sheet and roll up tightly like a jelly roll. Cut roll into 1 1/2 inch sections and set upright in a large buttered pan. Continue in this manner until all the filo and nut mixture is used. Spoon aboutone teaspoon melted butter over each piece and bake in a 350 degree oven on the middle rack for 10 minutes then reduce temperature to 250 degrees and bake for 30 minutes or until lightly golden brown. Check underneath rolls. Do not over bake. Cool completely and dip in hot syrup. Place in small cup cake liners to serve.

Syrup:

In a saucepan combine 4 cups sugar, 2 cups water, juice of 1/3 lemon and about 1/3 cup honey. Bring to boil and simmer for 15 minutes, skimming off foam as it rises.

Note: If thicker rolls are desired simply use more layers of buttered filo and nut mixture.



triangle-square traditional diamond

BAKLAVA
(Walnut Torte)

1	*lb. Fllo (strudel leaves)*	1/4	*cup sugar*
1	*lb. walnuts or 4 cups chopped fine*	1	*tsp. cinnamon*
1	*lb. sweet butter melted*	1/2	*tsp. nutmeg*

Mix nuts, sugar, nutmeg and cinnamon and set aside. Melt butter, keep warm.

Butter a 10 x 14 pan, place five layers of filo leaves, brushing butter between each layer. On fifth layer, sprinkle about 1/3 cup of the nut mixture evenly. Repeat process, brushing first with butter and sprinkling nut mixture between each layer, until nut mixture is used. Place remaining strudel leaves on top, brushing butter between each layer.

Score baklava in diamond or square, cutting only half way through. Bake in a 300 degree oven for 1 1/2 hours or until golden brown. Cool and finish cutting.

Syrup:

1	*tsp. vanilla*	3	*cups sugar*
2	*cinnamon sticks*	6	*whole cloves*
2	*cups water*	1/2	*lemon squeezed and dropped into syrup*

Bring to boil, then simmer for 20 minutes. Pour hot syrup over cooled baklava.

Note: 1/2 cup honey may be added to the syrup along with several orange slices.

BOUGATSA

4	*cups milk*	2	*tsp. vanilla*
1	*sliver of lemon peel*	1	*lb. Filo*
1	*cup sugar*	1/2	*cup melted sweet butter*
1	*cup farina*	2 1/2	*cups confectioners sugar*
4	*eggs*	1/2	*tbsp. cinnamon*

In a large saucepan put milk to boil with lemon peel. Add farina and stir with wooden spoon till it thickens. Beat eggs with sugar and vanilla and add to farina mixture. Lower heat to very low and stir constantly. Add egg mixture and cook over low heat till it thickens. Remove from heat and let cool. Remove lemon peel. Stir crema occasionally so that no crust forms on top. Brush 9x13 inch baking pan with butter. Layer 8 pieces of filo, brushing between each filo layer. Spread the crema evenly. Fold edges of filo towards the inside over the crema and start to layer the remaining filo, making sure again to butter between filo. Cut in diamonds or squares only partially through leaving a couple of the filo on the bottom uncut. Cook in preheated 350 degree oven for 30 to 40 minutes. When baked remove from oven and sprinkle with confectionery sugar and cinnamon. Serve warm.

CARMEL CUSTARD
(Krema Karamela)

1/2	*cup sugar*	1	*tsp. vanilla*
1/2	*cup sugar*	2	*tbsp. brandy*
6	*eggs, lightly beaten*	3 1/2	*cups milk*

Place 1/2 cup sugar in a heavy skillet over low heat, stirring until carmelized to a light golden brown. Quickly pour syrup into a 10-inch flan pan or a loaf pan, tilting to evenly coat the bottom. Set aside. Mix eggs with 1/2 cup sugar. Add heated milk, stirring constantly. Add vanilla and brandy and mix. Pour into prepared pan and place pan into a large baking dish or pan and pour hot water into this outer dish to a depth of one inch. Bake in 350 degree oven for about 45 minutes or until knife inserted near center comes out clean. Remove custard from water, cool and chill thoroughly. Unmold onto serving platter.

CHOCOLATE PUDDING
(Crema Chocolata)

- 1 *envelope unflavored gelatin*
- 1/4 *cup cold water*
- 4 *tbsp. cocoa*
- 1/4 *cup sugar*
- 1/8 *tsp. salt*
- 1/4 *cup boiling water*
- 3 *egg yolks, slightly beaten*
- 1/8 *tsp. cinnamon*
- 1 *jigger brandy*
- 3 *egg whites, beaten til peaks form*

Soften gelatin in cold water for 5 minutes. Combine cocoa, sugar and salt in boiling water and add softened gelatin. Stir until dissolved and remove from heat. Refrigerate for 20 minutes. Add egg yolks, cinnamon and brandy and beat well with a wisk. Fold in egg whites. Pour into mold that has been rinsed in cold water and chill for 2 1/2 hours.

CRETAN TURNOVERS
(Skalsonia)

- 1/2 *lb. Feta cheese*
- 3 *oz. pkg. cream cheese*
- 2 *eggs, beaten*
- 1/2 *tbsp. fresh mint, minced well*
- 1/2 *tsp. cinnamon*
- 2 *tbsp. Brandy*
- 2 *sticks butter, melted and cooled*

Honey or sugar for topping

Combine eggs and cheese in bowl and beat until smooth. Add mint, butter, cinnamon and beat well.

PASTRY DOUGH:

- 4 *cups flour*
- 1/2 *tsp. salt*
- 1/2 *cup shortening*
- 1 *cup ice water*

Sift flour, salt in bowl. Cut in shortening. Stir in enough water to make firm dough. Roll out dough on floured board as thin as possible. Cut dough in 3 inch rounds. Place 1 tbsp. of filling in center. Fold dough in half and press edges with water to seal. Fry in oil until golden brown on both sides. Dip in honey and serve. Or turnovers may be placed on ungreased baking sheet and baked in 350 degree oven for 15-20 minutes or until golden, then sprinkle with sugar or dip in honey.

DIPLES I

6 *eggs, large*
1 *heaping tsp. baking powder*
10 *oz. orange juice*
Crisco for frying
9 *cups cake flour (approx.)*
4 *tbsp. Mazola oil, heated*
1/2 *tsp. salt*

Heat oil until it sizzles (do not overheat). Remove from heat, and add half of the flour. Rub mixture with hand until crumbly looking. Dissolve baking powder in orange juice, mix into flour-oil mixture. Beat eggs and add and mix well. Continue to mix as you add remaining flour. Knead for 5 minutes until it looks shiny and doesn't stick to hands. Form into balls, and rub with oil. Let stand for 10 minutes. Roll out one ball of dough on table that has been sprinkled with cornstarch to desired thinness. Cut into strips 2x10" with a perforated cutter. Heat oil in frying pan to temperature suitable for frying. To shape diples use a 2 tine fork. With one hand hold fork, pick up one end of pastry. Hold other end of pastry with other hand. Place fork end in hot oil, slowly turning pastry until you form a hollow roll. It will become crispy and assume a pale gold color quickly. Remove and lay on platter. Make all honey curls this way.

Syrup:

Bring to a boil one cup honey combined with 1/2 cup water and remove from heat. Sprinkle diples with syrup, cinnamon and chopped walnuts.

DIPLES II

3 *eggs separated*
1 *tsp. baking pwder*
1/8 *cup orange juice*
Crisco for frying
1 *tbsp. ouzo*
2 *cups all-purpose flour, sifted*

Beat egg whites with baking powder until stiff. Beat egg yolks and add to egg whites. Add orange juice, ouzo and mix well. Add flour to make a soft dough. Dough will be a little sticky. Turn dough on a lightly floured board and knead until smooth. Knead until dough forms blisters or bubbles. Form dough in 1 inch balls. Roll out each ball in a very fine strip. Drop one by one in hot oil 360 degrees. With fork roll into a wheel. Remove from oil when golden. Place on paper towels to absorb oil. Dip in hot syrup. Remove and sprinkle with ground walnuts mixed with 1/2 teaspoon of cinnamon.

Note: Use any syrup recipe.

FENIKIA I
(Honey-dipped Nut-filled Cookies)

- 2 *lbs. ground walnuts*
- 1 *tsp. nutmeg*
- 1 *tsp. cloves*
- 1 1/2 *tsp. cinnamon*
- 1 *lb. butter*
- 2 *cups Mazola*
- 2 *cups sugar*
- 2 *cups orange juice*
- 1 *oz. mastiha, or brandy extract*
- 1 *tsp. baking soda*
- 2 *tsp. baking powder*
- 2 *lbs. cake flour*
- 5 *lbs. all-purpose flour*
- 2 *lbs. honey*
- *Rind from 1/2 orange*

Beat butter until white. Add Mazola and mix well. Add sugar, orange juice, and mastiha mixing well as they are added. Sift all-purpose flour and cake flour into separate bowl, along with baking soda and powder. Add to cream mixture slowly and mix well. Keep adding flour until dough reaches consistency desired. Mix chopped walnuts, nutmeg, cloves, and cinnamon in separate container. Separate half of this mixture and add honey forming a soft-nut filling. Roll small amount of the flour dough and flatten in palm of hand. Insert about 1/2 teaspoon of the honey-nut filling and roll dough to seal in filling. Place on greased cookie sheet with seam of sealed side down. Bake in preheated oven at 350 degrees for approximately 20 minutes. Remove and cool. Heat hoeny. Add orange rind and continue to cook honey till it becomes syrupy. **Do not** bring honey to a boil, keep hony hot. Dip cookies in the honey and roll in or sprinkle with remaining nut mixture.

FENIKIA II
(Honey Dipped Cookies)

- 1/2 *cup water*
- 1/2 *cup milk*
- 2 *cups Wesson oil*
- 1 *cup powdered sugar, sifted*
- 1 *oz. whiskey*
- *Dash of salt*
- 2 1/2 *heaping tsp. baking powder, sifted*
- 3/4 *tsp. cinnamon*
- 1/4 *tsp. baking soda, sifted*
- 2 1/2 *tsps. vanilla*
- 7 *cups flour*

Put oil in large mixing bowl, add powdered sugar, stir until it dissolves. Heat water and milk together to lukewarm. Add whiskey, salt, baking powder, baking soda, vanilla and cinnamon. Mix well, add to oil mix well again. Add enough of the measured flour to make a soft pliable dough. Form into oval shaped cookies, place on greased cookie sheet. Bake in 350 moderate oven until light brown.

Remove and cool. Cookies may be filled with mixture of 1 cup chopped walnuts and 1 1/2 teaspoon cinnamon.

Syrup:

1	*cup sugar*	24	*oz. honey*
2	*cups water*	1	*tbsps. lemon juice*

Bring sugar and water to a boil in saucepan, then lower heat. Add honey and lemon juice. Simmer over low heat about 10 minutes. Dip cooled cookies in hot syrup for a few seconds. Remove, sprinkle with ground walnuts.

FLUTES
(Flogeres)

1/2	*cup sweet butter*	1/2	*tsp. cinnamon*
1/2	*lb. Filo*	1/8	*tsp. nutmeg*
2	*cups ground walnuts*	1/8	*tsp. cloves*
1/2	*cup ground Zweiback*	1/8	*tsp. orange rind*
1/2	*cup sugar*	1	*egg, lightly beaten*

Defrost Filo according to package directions. Open gently and cut into thirds. Keep covered with wax paper and a damp towel. Melt butter and keep warm. Mix the rest of the ingredients well and set aside. Take one strip of filo and brush with butter. Spread one tablespoon of walnut mixture 1 1/2 inch from end of filo and roll a couple turns, fold in the sides and complete rolling. Repeat with each sheet of filo placing each roll on a buttered cookie sheet, seam side down. Keep rolls about 1/2 inch apart. Prick gently a couple of times with toothpick or skewer. Lightly butter and bake in a 300-degree oven for about a half hour or until lightly browned. Cool completely. Dip in hot syrup. (can be stored in air tight container or frozen before dipping in syrup. When ready to use, take out number needed and dip in syrup which can be made and kept refrigerated.)

Honey syrup:

1	*cup honey*	1	*cup water*
1	*cinnamon stick*	2	*cups sugar*
1	*slice orange rind*		

Combine all ingredients in saucepan and bring to a boil then simmer for 20 minutes.

FRAPPE MUST PUDDING
(Mustaleyria)

2 *cups grape juice*
2 *tbsp. sugar*
2 *tbsp. cornstarch*
Dash cinnamon
1/2 *tsp. anise extract*
Dash ground cloves
Almonds or walnuts, chopped

Bring grape juice and sugar to a slow boil. Add cornstarch and dissolve in a little cold grape juice and stir constantly. Add cloves, cinnamon and anise. Continue stirring until pudding comes to a boil. Remove from heat and pour into sherbert glasses. Garnish with almonds or walnuts. During the vintage season in Greece this is made from wine must. Since this is not obtainable the above recipe with grape juice will produce similar results. Serves 4.

FTOHO

1 1/2 *cups vegetable oil*
4 *cups sugar*
Juice of 5 oranges
1 *cup of cognac*
2 *cups Cream of Wheat*
6 *cups all-purpose flour*
5 *tsp. baking powder*
1 *tsp. cinnamon*
1/2 *tsp. cloves*
1 *cup walnuts*

Mix oil with sugar well. Add orange juice, cognac and continue to mix. Add Cream of Wheat slowly. Sift together flour, baking powder, cloves, cinnamon and add. Mix well. Add walnuts and mix gently. Bake in 13 x 9 x 2 inch buttered pan in 350 degree oven for 30-45 minutes or until toothpick comes out clean.

GALATOBOURIKO I

3 *cups milk*
5 *eggs*
1 *cup sugar*
1/2 *cup Farina (fine)*
1 *lb. Filo(strudel leaves)*
1/2 *cup unsalted butter, melted*

Scald milk in saucepan. Cool to lukewarm. In a bowl beat eggs and sugar well. Add half of the milk and all the Farina. Stir well and add rest of milk. Stir again. Return to pan and cook over low heat stirring constantly until thick and creamy. Allow to cool. Place 10 sheets of Filo in greased 9 x 13 inch baking pan, brushing each sheet with butter. Pour half of cream mixture on top. Add 5 more sheets brushing each sheet with butter. Pour the remaining cream mixture. Add remaining sheets, brushing each sheet with butter. Sprinkle a bit

of water on top. Bake in 325 to 350 degree oven until brown. Pour warm syrup on hot pastry. Cut in squares or diamonds.

Syrup:

2 *cups water*
1/2 *stick cinnamon*
1 *cup sugar*
Juice of 1/2 *lemon*

Combine all ingredients and bring to a boil. Simmer 10 minutes. Use as directed above.

GALATOBOURIKO II

8 *cups milk*
2 *cups sugar*
1/2 *cup butter*
3/4 *cup Farina*
1/4 *cup rice flour*
6 *eggs*
3 *tbsp. grated lemon peel*
1 *lb. Filo*

Bring to boiling point the milk and sugar and add lemon peel. Mix farina and rice flour together and pour slowly into the milk mixture, stirring constantly. Cook for approximately 10 minutes. Beat eggs well and slowly pour into the above mixture stirring continuously. Bring to a boiling point. Take off of burner setting aside to cool. Continue to stir while custard is cooling so that it does not form a crust. Brush 9 x13 inch pan with melted butter. Add 1 filo at a time, brushing melted butter between filo. Bottom of pan should consist of 10 filo. Make sure filo drapes slightly over the sides of pan. Place the filling in pan evenly and begin to layer the remaining filo. Butter again between each filo, using another 10 filo. Butter well the top before putting into 350 degree oven for baking. Bake for approximately 1 hour or until filo is golden on top.

Syrup:

1 *cup of water*
2 *cups of sugar*
Lemon peel
Orange peel
Cinnamon stick

Boil syrup till it thickens lightly and pour over galatobouriko. After galatobouriko has cooled it must be refrigerated if not served immediately.

HALVAH I

1/2 *lb. butter*
14 *oz. Cream of Wheat (regular)*
3 *cups sugar*
4 *cups water*
Sliver almonds or pignoli nuts

Melt butter in Dutch oven over medium heat. Add Cream of Wheat and almonds. Mix with wooden spoon, stirring constantly until light brown. Bring sugar and water to boil. Add this syrup very carefully to Cream of Wheat, it does spatter, and allow to simmer until thick. Take off heat and cover with clean dish towel and lid until cooled. Use a fork to loosen and fluff mixture. Serve in dessert dish. Sprinkle with cinnamon.

HALVA II
(Halva tou Fournou)

1/2 *cup sifted flour*
2 *tsps. baking powder*
1/4 *tsp. salt*
2 *cups Cream of Wheat(regular)*
1 *cup walnuts, finely chopped*
1/4 *lb. butter*
1 *cup sugar*
3 *eggs, well beaten*
3/4 *cup milk*
Grated lemon peel
Syrup
3 *cups sugar*
3 *cups water*
3 *cloves*
1 *stick cinnamon*

Sift together flour, baking powder, salt and mix in Cream of Wheat and nuts. Cream butter and sugar until light. Add beaten eggs. Add milk alternately and dry ingredients. Stir after each addtion until just smooth. Add grated lemon peel and put in a greased 10 inch square pan. Bake in a moderate oven for about 45 minutes. Boil sugar, water, cloves, cinnamon for 5 minutes. When halva is baked, pour the syrup over it immediately. Cool and cut into square pieces.

Note: Delicious with topping of whipped cream

KARIDOPITA
(Walnut Cake)

1 *doz. eggs, separated*
3/4 *lb. sweet butter*
1 *cup sugar*
1 *box Zwieback Toast*
1 *lb. finely chopped walnuts*
4 *tsp. baking powder*
1/2 *tsp. nutmeg*
1 *oz. whiskey*
1 *tsp. vanilla*

Crush Zwieback to fine consistency and place in large bowl. Add walnuts, baking powder and nutmeg and mix well. Beat egg whites until stiff peaks form. Beat egg yolks until lemon colored. Add sugar and continue beating until thick. Add melted butter and mix. Add whiskey and vanilla and mix well. Fold egg white mixture into egg yolk mixture. Fold in nut mixture until well blended. Pour batter into 9 1/2 x 14 inch pan. Bake in preheated oven at 350 degrees for approximately 40 minutes or until cake tests done. Cool in pan.

SYRUP;

2 *cups sugar*
2 *cups water*
Juice of 1/2 lemon

Add sugar to water. Cook until thick (about 20 minutes). Add lemon juice. Pour over cooled cake which has been cut in diamond pieces.

KARIDOPITA PATRINI
(Walnut Cake)

7 *eggs*
1 *cup sugar*
1 *cup milk*
1 *cup vegetable oil*
2 1/2 *cups flour*
1 *tsp. baking powder*
1/2 *tsp. cloves*
1 *tsp. cinnamon*
2 *cups walnuts, chopped*

Separate eggs. Beat egg whites till peaks are formed and set aside. In a large bowl cream egg yolks with sugar. Add oil and continue to cream. Add milk and beat. Sift flour, baking powder, cinnamon and cloves. Add to above mixture. Mix well. Add walnuts and mix gently. Pour in a greased 9X14 inch baking pan and bake for 40 minutes at 350 degree oven or until lightly brown.

Light Syrup:

4 *cups water*
3 *cups sugar*
1 *cinnamon stick*
Juice of 1/2 lemon

Cook until syrup is slightly thick. Pour over cooled karidopita.

KATAIFI WITH CREMA

1 *lb. Kataifi*
3/4 *lb. sweet butter, melted*

Rub kataifi with 3 tbsp. melted butter and place half of the mixture in 6x18 inch baking pan.

Crema:

3/4 *cup Farina*
1 *qt. milk, lukewarm*
6 *eggs*
1 *cup sugar*

Cream eggs, sugar and Farina. Add milk and mix well. Place in saucepan and cook until it thickens. Stir constantly. Pour over katiafi. Spread rest of kataifi over cream. Sprinkle with butter. Bake in 375 degree over for 40 minutes. Make syrup.

Syrup:

2 1/2 *cups sugar*
1 *stick cinnamon*
1 1/2 *cups water*
Juice of 1/2 lemon

Combine first three ingredients. Boil 25 minutes. Remove from heat. Add lemon juice and pour over hot kataifi. Cover and let stand till syrup is absorbed. Serves 12.

KATAIFI WITH NUTS

1 *pound kataifi*
1 1/2 *cups chopped walnuts or almonds*
1 1/2 *cup butter, melted*
1/2 *cup sugar*
1 *egg*
1 *tsp. cinnamon*
1 *tsp. grated orange rind*

Place half the kataifi in 10x13 inch pan, drizzle one third of the butter on top. Mix together the nuts, sugar , egg and cinnamon and spread evenly over the kataifi in pan. Arrange the rest of the kataifi evenly on top and drizzle the rest of the butter on it. Bake in 350 degre oven for 35 to 40 minutes. Remove from oven and pour hot syrup over pastry. Cover with a towel and let stand until cool.

Syrup:

Combine 1 cup sugar, 1/2 cup honey, 1 cup water. Bring to boil and boil for 10 minutes. Add juice of 1/2 lemon. Pour over Kataifi.

KOULOURAKIA I

1	*lb. butter*	1	*tsp. baking soda*
2	*cups wesson oil*	2	*tsp. vanilla*
1	*cup orange juice*	2 1/2	*cups sugar*
2/3	*cup gin*	1	*egg*
1	*tsp baking powder*		*All purpose flour-sifted*

Beat sugar with butter. Add egg and beat. Add Wesson Oil slowly and beat together. Add all ingredients slowly. Add sifted flour. Pinch off pieces of dough and roll on hard surface to make a rope of about 6" long. Shape and twist as you like. Brush with beaten egg. Sprinkle top with sesame seed if desired. Bake in pre-heated oven at 350 degrees for about 25 minutes. Store in airtight container.

Recipe makes about 265 koulourakia.

KOULOURAKIA II

1/2	*lb. sweet butter*	1 1/4	*tsp. baking powder*
1/2	*lb. crisco*	3/4	*tsp. mastiha (powdered)*
1 1/4	*cups sugar*		*Flour (amt. necessary)*
1 1/4	*cups milk*		

Cream butter and Crisco until light, add sugar gradually and continue beating until fluffy. Pour milk into mixture and when well blended sift baking powder, mastiha with a few cups of flour and knead into other ingredients. Continue sifting flour into dough until dough is soft and pliable. Shape into various individual shapes, brush with beaten egg to which a couple of drops of vanilla hhas been added and sprinkle with sesame seeds. Bake in 325 degree oven until lightly browned.

KOULOURAKIA III

1/2	*lb. unsalted butter*	1	*cup orange juice*
1	*cup sugar*	1	*tbsp. grated orange rind*
4	*egg yolks*	6 1/2	*cups sifted flour*
3	*tsp. baking powder*		

Cream butter, add sugar, continue creaming. Add egg yolks, orange rind, and mix well. Add sifted flour and baking powder alternately with orange juice. Should make a soft dough that does not stick to fingers. Knead slightly. Break into small pieces, roll to pencil size, about 6 inches long. Fold in half, twist in opposite directions to form spiral bar. Place on greased cookie sheet and brush with beaten egg yolks, sprinkle top with sesame seeds if desired. Bake in 350 degree oven for 15-20 minutes or until lightly brown.

KOULOURAKIA AMMONIAS

- 1 *cup butter*
- 1 1/2 *cup sugar*
- 6 *eggs*
- 1 *egg*
- 2 *tbsp. milk*
- 1 *tbsp. bicarbonate of ammonia*
- 4 *cups all purpose flour*
- *Sesame seeds*

Cream butter and gradually add sugar. Beat mixture until light and fluffy. Beat eggs and mix with bicarbonate of ammonia. Add to butter mixture. Add flour and knead dough until smooth. Shape into pencil thin strips and form into different shapes. Put koulourakia on buttered baking sheet. Beat egg with milk and brush on each koulouraki. Sprinkle with sesame seeds. Bake in 350 degree oven for 15 minutes or until done.

Variation: Instead of brushing with egg mixture and sprinkling with seasame seeds before baking, bake plain and when baked, remove from baking pan.. Sprinkle with rose water and powdered sugar.

Note: Bicarbonate of Ammonia is especially made for baking and can be purchased at Greek grocery or specialty shops.

KOURAMBIEDES I

- 2 *cups sweet butter*
- 3/4 *cup powdered sugar*
- 1 *egg yolk*
- 1 *oz. Brandy or Metaxa*
- 1 *box powdered sugar for topping*
- 4 1/2 *cups sifted all purpose flour*
- 4-6 *doz. whole cloves*
- 1 *tsp. almond flavoring*
- 1 *tsp. baking powder*

Cream butter until very light. Gradually beat in sugar. Beat in egg yolk and add brandy with baking powder. Add almond Flavoring .Gradually blend in flour to make soft dough. Shape small portion of

dough into half-moons or 1 1/2 inch balls and stud each with 1 whole clove (in middle). Place on baking sheet and bake in preheated 350 degree oven for 15 minutes. Cool slightly and sift powdered sugar over cookies. Makes 4-6 dozen cookies. **Option:** Add 2/3 cup blanched almonds finely chopped.

KOURAMBIEDES II

- 1/2 *lb. unsalted butter, creamed well*
- 1 *egg yolk*
- 4 *tbsp. powdered sugar*
- 2 *tsp. baking powder*
- 1 *tsp. vanilla*
- 2 1/2 - 3 *cups sifted flour*

Combine ingredients in order listed above, mix well. Roll dough in strips and cup diagonally so that cookies measure about 1/2" to 1 1/2". Place on ungreased cookie sheet. Bake in 350 degree oven for about 20 minutes. Let cool 5 minutes and then sprinkle with powdered sugar. Makes 4 dozen.

KOURAMBIEDES III

- 1 *cup sweet butter*
- 5 *tbsp. powdered sugar*
- 1/2 *tsp. brandy extract*
- 4 *cups all-purpose flour*
- 1/2 *tsp ground cinnamon*
- 2 1/2 *cups chopped pecans*
- *Powdered sugar*

Cream butter and 5 tbsp. powdered sugar untill fluffy and white. Blend in brandy. Add flour and cinnamon mixing well. Stir in pecans. Form into balls or half moons. Place on cookie sheet. Bake at 300 degrees for 20 minutes. Sift powdered sugar on top of hot cookies.

LOUKOUMADES I
(Honey Puffs)

- 5 *cups flour*
- 1 *tsp. salt*
- 1 *pkg. dry yeast*
- 2 1/2 *cups warm water*
- 2 *tsp. sugar*
- *Vegetable oil*
- *Honey*
- *Cinnamon*
- *Walnuts, chopped*

Dissolve yeast in warm water. In a large bowl sift flour. Add sugar and salt. Make a small well in the center of flour. POur the yeast mixture in the well. With a wooden spoon mix well. Cover bowl with wax paper and a towel. Put in warm place to rise (2-3 hrs.) When

dough has doubled stir again. Preheat vegetable oil in deep fryer at 350 degrees. Drop a teaspoon full of dough using your index finger to guide the doughinto the hot oil. Dough should rise immediately to the surface. Turn loukoumades continuously to cook evenly on ali sides till golden in color. Remove from oil and place on paper towels to absorb excessive oil. Put on plates. Drizzle honey on them. Sprinkle with cinnamon and chopped nuts. Serve warm.

LOUKOUMADES II
(Honey Puffs)

2 *eggs, separated*
1 1/2 *cups plain yogurt*
3 *tbsp. butter, melted*
2 1/4 *cups flour*
Sugar, cinnamon & honey for topping
2 *tsp. baking powder*
1 *tsp. baking soda*
1/2 *tsp. salt*
Vegetable oil for frying

Lightly beat egg yolks and butter, add yogurt and beat to mix. Sift together the dry ingredients and add to yogurt mixture. Beat egg whites until soft peaks hold shape and fold into batter. Heat oil in saucepan (350 degrees) and drop batter by tablespoon into hot oil, being careful not to splash. Do not crowd puffs while cooking. Turn to brown all over and remove to paper-lined platter. When all are done, sprinkle with sugar, cinnamon and honey. Serve hot.

MELOPITA

Pastry:

1 1/2 *cups flour*
5 *oz. butter*
1 *pinch salt*
1 1/2 *tsp. baking powder*

Filling:

1 1/2 *lb. unsalted Ricotta Cheese*
3/4 *cup sugar*
1 *cup honey*
5 *eggs*
2 *tsp. cinnamon*

First make pastry crust by sifting flour, baking powder, salt. Rub in butter. Add enough water to make stiff dough. Roll out and line a 10 inch (3 inch deep) pie plate. In a mixing bowl beat eggs, cheese, sugar and half of the cinnamon. Add honey and blend well. Rub mixture through sieve and pour into pie shell. Bake in 350 degree oven for 45 minutes. Insert knife into filling. If it comes out clean the pie is ready. Turn off heat and let cool on rack. Remove and sprinkle with cinnamon. Serve cold.

PASTA FLORA I

- 1 *cup butter*
- 1/2 *cup of sugar*
- 3 *egg yolks, beaten*
- 1/2 *tsp. baking powder*
- 1 *tsp. vanilla*
- 1/2 *cup of milk*
- 1 *tbsp. apricot brandy*
- 3 1/2 - 4 *cups flour*
- 2 *cups cherry preserves*
- 1 *egg white, lightly beaten*

Cream butter and sugar. Add egg yolks and vanilla, mix well. Stir in baking powder mixed with milk and brandy. Stir in flour to make soft dough. Roll out two-thirds of dough thinly on a floured board. Line a buttered shallow 10x14 in. pan and place dough. Cover dough strips with preserves. Roll out remaining dough thinly and cut into long srips. Lattice strips on top. Brush with egg whites and bake in 375 oven for 45 minutes. Cool and cut into squares.

PASTA FLORA II

- 1/2 *lb. sweet butter*
- 1 *cup powdered sugar*
- 2 *eggs*
- 2 *tsp. baking powder*
- 1 *oz. brandy*
- 1 *tsp. vanilla*
- 4 *cups all-purpose flour*
- *Pinch of salt*
- 1 *cup apricot preserves*
- 1/2 *cup pineapple preserves*

Cream butter well. Add powdered sugar and cream well. Add eggs, and beat well. Add vanilla and brandy. Sift flour, baking powder, and salt together. Add to butter mixture to make a soft dough. (Set aside about 1/5 of dough to lattice top). Press dough evenly onto cookie sheet, building up sides to 1/4 inch. Use rolling pin to even out, mix preserves and spread evenly on dough. To the reserved dough, add enough flour to make stiff and roll out to 1/4 inch thickness. Cut in thin strips and lattice top. Bake in preheated oven at 350 degrees for about 50 minutes until golden brown. Allow to cool and cut in desired shapes. Store in airtight container, or freeze. Use wax paper between layers.

PAXIMATHIA I
(Sweet Biscuits)

- 1 *cup Wesson Oil*
- 2 *cups sugar*
- 3 *eggs*
- 1 *cup milk*
- 6 *cups flour*
- 3 *tsp. baking powder*
- 2 *tsp. cinnamon*
- 1/2 *tsp nutmeg*
- 1/2 *tsp. cloves*
- 1/2 *cup ground walnuts*

Cream sugar and oil. Add eggs one at a time and beat well. Sift flour, baking powder, cinnamon, nutmeg and cloves. Add to the above slowly, alternately with the milk beating after each addition. Add more flour if needed to make a smooth dough which is workable and not sticky to hands. Form dough into narrow loaves about 1 in. high and 6-8 in. long and place on a greased cookie sheet. Bake in 350 degree oven for 30-35 minutes. Remove from oven and carefully slice each loaf into 1/2 inch thick slices. Lay slices on their sides and return to oven. Bake for 30 minutes longer to crisp. **Option:** Before baking loaves, they may be brushed with beaten egg wash and sprinkled with sesame seed.

PAXIMATHIA II
(Sweet Biscuits)

- 3/4 *cups butter*
- 2 *tbsp. salad oil*
- 1/4 *cup sugar*
- 3 *eggs*
- 1/4 *cup orange juice*
- 1 *tsp. apricot brandy*
- 1/2 *cup ground walnuts*
- 1/4 *cup candied cherries, minced*
- 1/4 *candied pineapple, minced*
- 2 3/4 *cups flour*
- 1/2 *tbsp. baking powder*
- 1 *tsp. baking soda*

Cream butter, oil, sugar. Add eggs one by one, beating after each addition. Add orange juice and brandy and beat. Add walnuts, cherries, pineapple. Sift together flour, baking powder and soda. Add slowly to above. Add additional flour if needed to make dough so it can be formed into loaves. Make 3 loaves, 1 in. thick. Place on a greased baking sheet and bake at 350 degrees for 30 minutes. Remove from oven and slice. Return slices to oven and bake for another 30 minutes.

PUMPKIN PITA
(Kolokethopita)

- 4 *eggs, separated*
- 3 *cups canned pumpkin*
- 1/2 *cup cracker meal*
- 2 *cups sugar*
- 1/2 *tsp. nutmeg*
- 1/2 *tsp. ground cloves*
- 2 *tsp. cinnamon*
- 1 1/2 *cup milk*
- 1 *cup chopped walnuts*
- 3/4 *lb. Filo*
- 2 *cups clarified butter*

Beat egg yolks in bowl till fluffy and stir in pumpkin. Add cracker meal , sugar and spices. Mix well. Stir in milk and walnuts and fold in stiffly beaten egg whites. Arrange 8 filo sheets in layers in buttered 17x12x2

inch pan, buttering each sheet. Pour pumpkin mixture over filo and cover with remaining filo sheets, buttering each sheet. Cut into diamond shapes or squares with sharp knife. The knife cut should not go to the bottom filo. Bake in preheated 350 degree oven for 1 hour or until golden brown. Remove from oven and spoon cool syrup over hot pita or cool and dust with powdered sugar.

Syrup:

2 *cups sugar*
1 *cup water*
Juice of 1/2 lemon

Mix in saucepan sugar and water and juice of lemon. Simmer syrup 20 minutes. Cool and pour over hot pita.

RAVANI I

7 *eggs, separated*
1/2 *cup sugar*
1 *cup butter (1/2 lb.)*
1/2 *cup sugar*
1 *tsp. vanilla*
1 *tsp. grated orange rind*
2 *cups Cake flour*
1/2 *cup Farina, regular (Cream of Wheat)*

Beat egg whites with sugar. In another bowl, beat butter with sugar. Add egg yolks, vanilla, orange rind, sifted flour and farina. Mix well. Fold in egg whites. Bake 45 min. in a greased 10x14 inch pan at 350 degrees. Cool 5 min. and ladle hot syrup over cake. Let stand 3 hours for syrup to be absorbed.Cut into diamond shaped pieces and garnish with pecan halves, candied cherries or leave plain.

SYRUP:

Combine 2 cups water, 2 cups sugar and juice of 1/2 lemon (plus the rind) and boil together for 5 minutes.

RAVANI II

1/2	*lb. butter*
6	*eggs, separated*
3/4	*cup sugar*
2	*tsp. vanilla*
3	*tsp. baking powder*
1	*tbsp. orange rind*
1 1/2	*tsp. lemon rind*
1	*cup Farina*
1	*cup flour, sifted*

Melt butter. Add sugar, egg yolks, mix well. Add orange and lemon rinds. Mix well. Add vanilla, Farina, flour, baking powder and beat well. Fold in stifly beaten egg whites. Pour into a greased 9x12 baking pan. Bake in preheated 350 degree oven 30-35 minutes. Remove and pour half of cooled syrup on cake. Cool. Cut in diamond shapes. Add rest of syrup.

Syrup: Combine 1 cup sugar, 2 cups water, 1 cinnamon stick, 3 whole cloves and 1 teaspoon lemon juice. Bring to a boil, simmer for approximately 10 minutes.

RAVANI III

1/2	*cup butter*
8	*egg whites*
8	*egg yolks*
1	*cup sugar*
2	*tsp. vanilla*
1	*cup Farina*
2	*cups flour*
3	*tsp. baking powder*
1	*orange rind, grated*

Beat egg whites until stiff and set aside. Cream butter, add sugar and beat until very fluffy. Add egg yolks and continue beating. Add vanilla and orange rind. Mix flour, farina, and baking powder. Add about 3/4 of flour mixture gradually to butter mixture and gently fold in egg whites. Gently add remaining flour. Pour into buttered pan 10x14x2 and bake at 350 degrees for 35 to 40 minutes or till done. Cool completely and pour hot syrup over cool cake. Let stand 3 hours, covered loosely. Cut in squares.

SYRUP: Combine 4 cups water, 2 cups sugar, juice of 1/2 lemon, 1/2 cinnamon stick and orange peel and simmer 15 minutes.

RICE PUDDING
(Rizogalo)

- 3/4 cup rice
- 2 1/2 cups water
- 1/4 tsp. salt
- 2 qts. milk
- 4 tbsp. butter
- 2/3 cups sugar
- 4 tbsp. cornstarch diluted in 1/4 cup water
- 1 tsp. vanilla
- 2 eggs, lightly beaten

Bring water and salt to boil. Add washed rice and continue boiling until water is absorbed and rice is soft. Add milk and butter and bring to a boil over low heat, stirring constantly. Add vanilla and diluted starch mixture very slowly and continue for a few minutes to thicken. Mix sugar into eggs and beat lightly. Add to rice mixture slowly while stirring. Remove from heat. Pour into individual serving dishes, sprinkle with cinnamon and chill.

RICOTTA PIE
(Glykopita)

- 1 lb. Filo
- 1/4 stick butter
- 3 cups ricotta cheese
- 4 large eggs
- 1 cup evaporated milk
- 1/4 cup granulated sugar
- 1/4 cup cooked rice
- 1 tsp. vanilla extract
- 1/2 tsp. cinnamon
- 1 tsp. sugar

Beat ricotta cheese, eggs, milk, sugar, rice and vanilla. Butter 9x13 baking pan. Lay filo sheets one at a time, buttering between each and making sure that sheets go up the side of pan. Use 8 sheets to line pan. Spread filling on top and then use the rest of the filo, buttering between each layer. Butter top sheet. Mix sugar and cinnamon and sprinkle on top. Bake at 350 degrees for 30 to 35 minutes until golden.

SARAGLI

- 1 1/2 lbs. (about 3 cups) chopped walnuts
- 3 tsps. cinnamon
- 1/2 tsp. ground cloves
- 1/2 cup sugar
- 1 lb. filo pastry sheets
- 1/2 lb. sweet butter, melted

Combine nuts, cinnamon, cloves and sugar, set aside. Open room temperature filo carefully as not to break and keep covered with wax paper and a damp towel. Take one sheet of filo, brush with melted butter and sprinkle generously with nut mixture, about 4 tablespoons. Place a 1/4 inch dowel about 15 inches long, across the long side of the filo and carefully roll loosely to the end. Lift the stick with the filo and grasp the ends with the fingers and push together slowly until softly shirred. Remove stick carefully. Place the pastry carefully on a buttered cookie sheet. Continue in this manner until all the filo and nuts are used. Brush with melted butter. Bake in center of oven at 325 degrees until golden. Cut into 2-inch long serving pieces. While still hot, spoon cold syrup over and then sprinkle with finely chopped nuts. Options are to dip saragli in hot syrup after they are cooled, or to dip hot saragli into cold syrup.
SYRUP: In a saucepan combine 4 cups sugar, 2 cups water, juice of 1/2 lemon and about 1/3 cup honey (optional). Bring to boil and simmer for 15 minutes, watching carefully and skimming off foam as it rises.

DELUXE SAUSAGE CAKE
(Loukaniko Cake)

3 *cups brown sugar*	1 *tsp. cinnamon*
1 *lb. uncooked bulk sausage*	2 *tsp. brandy extract*
1 *egg beaten*	1/4 *tsp. nutmeg*
3 1/4 *cups all purpose flour*	1 *cup strong coffee*
Pinch of salt	1 *cup dark raisins*
2 *tsp. baking soda*	1/2 *cup finely chopped walnuts*
1 *tsp. baking powder*	

Combine sugar, sausage, and egg. Mix all dry ingredients together and add to sausage mixture slowly adding coffee and stirring well. Add brandy. Fold in walnuts and raisins. Place in a well greased 10 inch tube pan. Bake for approximately 1 1/2 hours at 350 degrees.

SESAME CANDY I
(Pastelle)

1 *cup sesame seeds*
1 *cup honey*
1 *tsp. rose water*

Toast sesame seeds in a skillet and on medium heat stirring constantly until golden. Meanwhile heat honey, add rose water and bring to a boil. Add sesame seeds, lower heat and stir constantly until mixture thickens (about 8 minutes). Pour into buttered pan and flatten to 1/2 inch thickness. Cut in pieces while still hot. Let cool.

TRIGONA
(Nut & Honey Filled Triangles)

1 1/2 *cups ground almonds*
1 1/2 *cups ground walnuts*
3/4 *cup sugar*
3 *egg yolks*
3 *tbsp. honey*
1 1/2 *jigger apricot brandy*
1/2 *tsp. cinnamon*
1 *lb. Filo pastry sheets*
1 *lb. sweet butter, melted*

Mix nuts, sugar and cinnamon. Beat egg yolks well, adding brandy and honey. Add nut and sugar mixture and mix well. This filling should stick together and you should be able to form into small balls. Cut Filo sheets into thirds. Cover 2/3 Filo with waxed paper and a dampened towel. Take the remaining third, one sheet at a time, brush with melted butter and fold into thirds lengthwise, Brush again with butter. Place nut ball in lower corner. Fold and refold into triangles. Place on cookie sheet about 1/2 inch apart. Brush with melted butter. Bake at 350 degrees for 15 to 20 minutes or until golden. **TO MAKE SYRUP**; Combine 1 cup water, 1 1/2 cups sugar, 1/2 cup honey, 1 cinnamon stick, orange peel, and 1 tbsp. lemon juice and simmer for 15 minutes. Drizzle over trigona.

WALNUT -RUM CAKE

12 *eggs, separated*
12 *tbsp. walnuts or almonds finely ground*
12 *tbsp. sugar*
2 *tsp. vanilla, if using almonds*
2 *tsp. cinnamon, if using walnuts*
12 *tbsp. Cream of Wheat*

Beat egg whites till stiff . In another bowl beat egg yolks thoroughly adding nuts, cream of wheat and spices as you continue beating with each addition. Fold in stiffly beaten egg whites until well blended. Pour mixture into a greased 10" angel food cake pan or 3 loaf pans. Bake in preheated 400 degree oven for 45 minutes. Caution; Do not open oven to check. While cake bakes: COMBINE 3 cups sugar, 2 cups water, a slice each of orange and lemon peel and simmer 20 minutes. Remove peels, add 3 tbsp. rum or to taste. Cool to lukewarmm. Pour syrup over warm cake and let sit 3-4 hours before serving.

SPOON SWEETS AND BEVERAGES

The GREEK people are a very gregarious and outgoing sort who enjoy taking strolls and frequenting sidewalk cafes for relaxation. There, in the company of friends and engaged in lively conversation, they may be seen sipping Freek coffee, ouzo, anisette, fresh lemonade, a "submarine" (a teaspoon of vanilla cream in water), or the ever popular "visinada", sour cherry syrup mixed with water. Mezedes (appetizers) and meals are incomplete without a glass of wine such as Retsina aged in barrels seaaled with resin or Rodity, a light rose. Metaxa by far is the most popular after dinner brandy.

The GREEKS are world-renowned for their hospitable nature. To visit, be it for a brief moment or two, without being offered a sweet or drink, is unheard of. Spoon sweets are traditional in many homes. The hostess presents a serving tray containing a large dish of spoon sweets, glasses of cold water or ouzo, and teaspoons. Each guest helps himself to a spoonful of the sweets and drinks to the health of the host and hostess. The spoon is deposited in the empty glass and returned to the tray.

CHERRY PRESERVE
(Visino Glyko)

2 1/2	*lbs. sour cherries*	2	*cups water*
2 1/2	*lbs. sugar*	1	*tbsp. lemon juice*

Wash and pit cherries beeing careful to keep them whole. Put into a saucepan in layers with the sugar. Add water and boil for 25 minutes. Stir often and remove scum as it appears. Leave overnight in syrup. Next day add lemon juice and boil until syrup is thick. Test syrup by dropping a little onto a saucer. If drops do not spread, setting point is reached.

To prepare cherry preserves for Visinatha Drink, increase sugar to 3½ lbs. and water to 3½ cups. Keep syrup in bottle and preserve in jars. To use black cherries, use 3 lbs. cherries, 1 cup sugar, ½ cup water and juice of 1 lemon.

EGGPLANT SWEETS
((Melitzanakia Glyko)

- 24 *small ripe eggplants*
- 24 *almonds*
- 6 *cups sugar*
- 2 *cups water*
- ½ *stick of cinnamon*
- 1 *tbsp. lemon juice*

Score each eggplant lengthwise with sharp knife and boil until just tender but not mushy . Drain well. Insert one almond in each eggplant. Prepare syrup by boiling sugar and water. Add cinnamon and lemon juice. When syrup is set, add eggplants . Gentley bring to a boil again and simmer until thick.

GRAPE PRESERVES
(Stafili Glyko)

- 1½ *lb. seedless white grapes*
- 3 *cups sugar*
- 1½ *tbsp. lemon juice*
- 1½ *tsp. cornstarch*
- 1½ *cups water*

Remove grapes from stems and wash thoroughly in cold water. Sprinkle with comstarch and sugar. Mix well and set aside for 1 hour. Add grapes and lemon juice to boiling water. Mix gently and simmer until syrup is thick.

GRAPEFRUIT SPOON SWEETS
(Glyko Citro)

- 4 *thick skinned grapefruit (skin only)*
- 2 *cups water*
- 2 *cups sugar*
- *Juice on 1 lemon*

Grate lightly entire outer surface of grapefruit until it feels smooth. Score fruit in 8 sections, peel off each section. Roll each section into a coil and then with needle and heavy thread string rolled rings together like a necklace. Place strings of rind in a saucepan and cover with water, bring to a boil and drain. Repeat procedure and

drain again. Fill pan with water a third time and allow to boil until rinds are tender. Drain again and dry with towels. This boiling process eliminates all bitterness from rinds. Its very important that the rinds be very dry after parboiling them. In another pan combine sugar, water, and lemon juice. Bring to a boil. Remove any surface scum. Add rinds and simmer until thick. Remove pan from fire and allow to cool. Remove string from rinds and place preserves in jars.

QUINCE JELLY
(Kythoni Glyko)

- 3 *lbs. quince*
- 3 *lbs. sugar*
- 2 *cups water*
- 1 *tsp. vanilla*
- 1 *tbsp. lemon juice*

Peel the quince and grate the flesh on a coarse grater. Put grated quince in saucepot with sugar, water and flavoring. Simmer about an hour or until syrup thickens to consistance of honey. Add lemon juice toward the end of cooking to prevent crystalizing. Stir occasionally and skim off any skum that rises to the top.

ROSE PETAL PRESERVES
(Triantafillo Glyko)

- 4 *cups rose petals*
- 4 *cups sugar*
- 2 *cups water*
- 1/2 *cup corn syrup*
- 2 *tbsp. lemon juice*

Wash rose petals and drain well on paper towels. In a large pot bring water to a boil, add sugar, corn syrup and lemon juice. Add rose petals and simmer for about 1 hour or until syrup thickens. note; Only petals from very sweet smelling roses are used for jelly. The deep reds are best.

WATERMELON PRESERVES
(Karpouzi Glyko)

1 *lb. watermelon rind*
1 *tbsp. salt*
2 *qts. water*
1/2 *lemon, sliced thin or juiced*
1/2 *stick cinnamon*
3 *cups sugar*
1/2 *cup slivered aallmonds, optional*

Use a thick skinned watermelon. Remove all pink and green skin and keep only the white rind. Cut into 1 1/2 inch pieces. Let stand overnight in a solution of 1 quart water, and salt. Drain and rinse in cold water. Cover with boiling water and cook 15 minutes. Drain. Combine sugar and remaining one quart of water. Boil for 5 minutes. Add rind, lemon and cinnamon. Simmer until rind is clear, about 1 hour. Stir often and skim off any scum that rises to top. Add allmonds and simmer 30 minutes. Let stand in syrup overnight. Preheat to boiling and pour into sterile jars and seal.

BEVERAGES

GREEK COFFEE
(Kafes)

These ingredients are given for 1 demitasse cup. Increase the measurements for the number of cups you wish to make. Sugar is added while the coffee is cooked and can be adjusted more or less according to taste.

1 *tsp. Greek coffee (rounded)*
1 *tsp. Sugar (level)*
1 *demitasse water*

Place water, coffee and sugar in a Greek coffeepot (kafeibriki) and blend well. Place on heat and wait until coffee comes just to the boiling point. (Stir before boiling point is reached to dissolve sugar and mix well). As soon as the coffee reaches boiling and foam begins to form, remove from heat and pour a little coffee into each demitasse to be served. This first boil forms the 'kaimak' or 'cream' of the coffee. Return the pot to the heat and allow to reach boiling again and complete filling the cup being careful not to disturb the kaimak in the cup. Since the grounds are served with the coffee, it is sipped carefully without disturbing the grounds which settle on the bottom. If preferred, coffee and sugar may be stirred into hot water. Proceed as above.

VISINATHA
(Cherry Drink

2-3 tablespoons of cherry syrup (see Sour Cherry Preserve) to each glass of ice water.

GREEK WINES

WHITE WINES;

Aphhhodite (dry)
Demestica (light dry)
Hymettos (dry)
Retsina (pine resin flavor)
Robola (slightly dry)
Santa Helena (medium dry)

ROSE WINES;

Kokkinelli (dry with pine resin flavor)
Rodytis (light dry)
Rihea (dry
Mavrodaphne (sweet before or after dinner drink)

RED WINES;

Castel Danielis (dry, goes well with beef)
Mt. Ambelos (dry)
Pendeli (dry)

Church Foods

ARTOKLASIA

Man has been described by the Church Fathers as "microcosm", a miniature universe, combining both spirit and matter, both of which have need of sustenance. The importance of spiritual nutriment is reiterated by our Lord on various occassions. "Man shall not live by bread alone, but by every word of God." "I am the bread of Life."

Scripture also informs us of how our Lord fed the hungry multitudes, gathered to hear His words, by the blessing of five loaves. The Service of Artoklasia (Breaking of Bread) is therefore a commemorative service of which five loaves of bread, wine and oil (the staples of earlier times), are offered by the faithful requesting special prayers for their spiritual and physical welfare. The most popular occasions for this service are the feast days of Saints. The loaves are blessed, cut up and distributed to the congregation in appreciation of its prayers.

ARTOKLASIA BREAD

2	*pkgs. dry yeast*	1	*tsp. nutmeg*
3	*tbsp. sugar*	1	*cup of warm water*
2	*tsp. salt*	12	*cups flour*
1	*cinnamon stick, crushed almost to powder form*	4	*cups water*
			Sesame seeds

In a small bowl dissolve yeast in 1 cup of warm water. Add sugar and salt and stir well. Let stand for approximately 5-10 minutes. In a larger bowl put flour. Make a well in the center. Add yeast mixture and cinnamon, nutmeg. Knead for 15 minutes. Dough will be sticky. Cover with wax paper and a towel. Let rise for 1 1/2 to 2 hours or until doubled. On a floured board drop dough and add additional flour if needed to make dough smooth and firm when kneading. Form round loaves. Roll loaves in moistened sesame seeds. Place in round pans. Cover with wax paper and towel and let rise in warm place till double in size. Bake in 350 degree oven for 45 minutes or until golden in color.

EASTER TRADITIONS

EASTER BREAD
(Kouloures)

1 *pkg. yeast*
1/4 *cup lukewarm water*
1 *cup milk, scalded*
1/2 *cup sugar*
1/4 *cup butter*
2 *eggs, slightly beaten*
1/2 *tsp. salt*
4 1/2-5 *cups all purpose flour*
1/2 *tsp. Mahlepi, crushed*
Grated rind of 1 lemon
Sesame seeds

Put yeast in warm water. Cover and set aside "proof". Combine milk, sugar and butter and let cool to lukewarm. Put about half the flour, salt, mahlepi, and lemon rind in a mixing bowl. Slowly beat in the milk mixture. Add yeast and mix well. Beat in the eggs. Continue adding flour until too thick for beaters. Turn dough onto floured board and work in the rest of the flour. Knead until smooth. Place in greased bowl and turn dough so that the greased bottom of dough is on top. Cover and let rise until double. Divide dough in half. Divide each half into five pieces. Shape each piece into a long roll. On a greased cookie sheet braid three rolls loosely. Twist remaining two pieces together and place on top of braid having ends extend down and under braid. Repeat with other half. Place dyed Easter eggs on braid. Cover and let rise again. Brush with egg yolk beaten with milk and sprinkle with sesame seeds. Bake in 350 degree oven for 30-45 minutes or until golden brown in color.

EASTER EGGS

Easter eggs, in the Greek Orthodox tradition, are dyed a deep red to symbolized the blood of Christ.

White eggs, room temperature
3 *tsp. salt*
1 *tbsp. oil*
1 *pkt. scarlet red dye (bought at a Greek Grocery store)*
Water to cover

Wash eggs with plain warm water and wipe dry. Bring water and salt to a boil in a stainless steel kettle or enamel surface kettle. Mix dye with vinegar and add to boiling water, making sure to stir well to dissolve dye. Place eggs gently into the boiling water. Simmer 40 minutes. Remove from water. Pat dry and polish with an oiled cloth.

EASTER SOUP I-(Traditional)
(Mageritsa)

- 1 *lamb head*
- 1/2 *lb. lamb intestines*
- 1/2 *lb lamb lungs, chopped*
- 1/2 *lb. lamb liver, chopped*
- 1 1/2 *bunches of scallions, chopped*
- 1/2 *cup dill, chopped*
- 1/4 *cup parsley, chopped*
- 15-20 *cups water*
- *Salt & pepper to taste*
- 1 *cup rice*
- 1/4 *lb. butter*
- 3 *tbsp. lemon juice*
- 4 *eggs*

Soak lamb head for 3 hours and clean thoroughly. Cut intestines into 20 inch pieces, clean and wash thoroughly with salt and lemon juice turning inside out to clean also. Rinse with cold water and chop. Cut lamb head in half and tie together to keep brain from falling out. Combine lamb head, intestines, lungs, liver in a large kettle and add water. Bring to a boil and remove froth as it appears while boiling. Boil until tender. Remove from heat. Remove lamb head, untie head and remove brains and chop. Simmer for 10 minutes. Add rice and cook until rice is tender. Lower heat. Separate eggs. Beat egg whites until stiff and add egg yolks one at a time. Continue to beat. Add lemon juice very slowly while beating. Take a little of the hot stock from kettle and pour into egg mixture a few drops at a time while beating constantly. increase flow of hot stock and continue to beat until you have used up most of the stock in the kettle. Retum egg mixture slowly into kettle stirring briskly. Let sit on low heat for 2 minutes. Remove and serve.

EASTER SOUP II - (Modern)
(Mageritsa)

- 3 *lbs. lamb necks*
- 4 *lamb shanks*
- 3 *med. onions*
- 3 *stalks of celery*
- 3 *quarts water*
- 2 *tsp. salt*
- 1/4 *cup chopped fresh parsley*
- 3/4 *cup chopped fresh dill*
- 1 *cup long grain rice*
- 3 *bunches chopped scallions*
- 4 *eggs*
- 1/2 *cup lemon juice*

Wash lamb necks and shanks well. Place in pot with water and bring to a boil. Skim all froth that appears while it is boiling until broth looks clear. Add onions, celery, and cook for approximately 2 hours or until meat is cooked.Remove lamb from pot, and separate meat from bones at the same time removing fat and grisle. Set meat

aside. Strain broth in another pot. Replenish water that has evaporated through cooking. Bring to a boil. Add meat, dill, parsley, scallions, rice, salt and pepper. Bring to a rapid boil and lower heat and simmer for approximately 25 minutes or until rice is cooked. Lower heat to very low. Make avgolemono by beating egg whites, adding egg yolks slowly one at a time and continue to beat. Add lemon very very slowly. Take liquid from the pot and pour very slowly (or it will curd) beating as you pour into egg and lemon mixture. Use as much of the broth without picking any rice or meat out of the pot. When you have done this pour all avgolemono into the margeritsa pot stirrimg vigorously.

KOLYVIA

The hold of death has been vanquished by the Resurrection of our Lord. His Resurrection is our assurance of a general bodily resurrection at the end of time. Membership in the Body of Christ, the Church, is not severed or interrupted by death. Death inflicts but a superficial separation between the living and the dead who continue in spiritual communion with one another. In the corporate worship of the Church, both the living and the dead going in prayer and adoration of God and sharing in the fellowship of the Holy Spirit, pray for one another.

Memorial services (mnimosyna) for the departed are traditionally held on the 40th day after death in remembrance of our Lord's Ascension, the anniversary of a death, days set aside in the Church calendar for mass memorials, and whenever desired. Boiled wheat covered with sugar is brought to the Church for the memorial service and distributed to those in attendance after services. The wheat symbolizes the promised expectation of the general resurrection of the dead and the sugar the sweetness of the afterlife. The distribution of kolyva represents a token expression of gratitude by the bereaved to the congregation for joining them in prayer for the eternal salvation of the deceased.

KOLYVA I
(For Memorial Service)

- 3 *lbs. whole wheat kernels*
- 1 *cup sesame seeds*
- 1 1/2 *cups ground walnuts*
- 1 1/2 *cups golden raisins*
- 1/2 *cup dried unsalted chick peas*
- 2 *cups granulated sugar*
- 2 *tsp. ground cumin seeds*
- 3 *tsp. cinnamon*
- 1 *cup pomegranate seeds*
- 1 1/2 *lbs. powdered sugar*
- 3/4 *lb. candied Jordan Almonds white or lavender*
- 1/2 *cup silver candy beads*

Clean whole wheat kernels to remove stones, etc. Wash well 3 or 4 times and let soak for 13-14 hours. Drain. Place in pot with fresh water to cover and bring to a boil. Lower heat and cook for approximately 3 1/2-4 hours. Stir often as the wheat has a tendency to stick and burn. When it is cooked, drain well and place on a clean bath towel, lined with paper towels. Make sure all the moisture is absorbed from the wheat. In a large frying pan simmer sesame seeds, stirring frequently as not to burn. Sesame seeds should be golden in color. Remove from burner and place in blender. Grind to a powdery consistency. Grind chick peas to a powdery consistency. Combine sesame seeds, cumin seeds, chick peas, waltnuts, raisins, sugar, cinnamon, pomegrante seeds with the wheat, mixing thoroughly. On a tray which has been lined with white paper doilies spread the Kolyva evenly with the center being about 2 inches higher. Sprinkle with powdered sugar and decorate. Make a cross in the center of the Kolyva using candied almonds and silver candy beads. Use these to make border around the edge of the Kolyva.

Note: It is best to wait to decorate 1-2 hours before taking to church.

KOLYVA II
(For Memorial Service)

2	*lbs. whole wheat kernels (sitari)*	1/2	*cup chopped parsley*
1	*cup sesame seed*	1	*cup golden raisins*
1	*cup pignolia nuts*	1 1/2	*lbs. powdered sugar*
2	*cups chopped walnuts*	1	*pomegranate separated*
1	*cups granulated sugar*		*Silver dregees*
1	*tbsp. ground cinnamon*	3/4	*lb. white Jordan Almonds*
1	*tbsp. ground cumin*	2	*cups browned flour*

Clean whole wheat kernels of any foreign matter. Pour into large pot and wash thoroughly several times. Leave in large pot and cover generously with water; soak overnight. Drain and cover with fresh water the next morning. Cook until tender over medium heat, stirring often to prevent sticking. Drain in colander and spread wheat on clean towels or paper towels and allow to dry very well. This will take several hours or more. Make certain all moisture had dried from wheat. It should not be sticky.

In frying pan, over medium heat, lightly brown sesame seed. Put aside. Using a large frying pan, brown the flour, stirring constantly to prevent burning. Put aside in a bowl. Measure all ingredients into seperate dishes, cover and put aside. It is best to asssemble the Kolyva in the morning prior to taking to church.

Mix wheat kernels, sesame seed, pignolia nuts, walnuts, granulated sugar, cinnamon, cumin, parsley, raisens and 1/2 cup browned flour, mixing well but gently. Mound half onto a serving tray lined with wax paper and white doilies. Sprinkle the pomegrante seeds on top and mound the remaining wheat mixture over all. (This prevents moisture from seeds seeping through the outer sugar layer.) Press well with wax paper, sprinkle flour over top and sides and again press firmly. Sift confectioners' sugar over top and press with wax paper to make a smooth, compact top. Cut out a large cross of cardboard, make an indention with it on the top. Outline cross with silver dragees, or form cross with white almonds. Initials of deceased can be outlined on either side of the cross. Place a border of white almonds at the base of the mound.

ORTHODOX LENT

The Lenten season, in the tradition and practice of the Orthodox Church, is a period of time given to intensified prayer and devotions and self-discipline in preparation of the salutary event of the Resurrection of Christ. Orthodox Christians are called upon to devote more time to spiritual reflection, to repent, and to master the desires of the flesh by self-denial and abstinence from certain foods. As opposed to the Western Christian tradition of Lent beginning on Ash Wednesday, Lent in the Orthodox Church extends over a six week period beginning on "Pure Monday" (kathara theftera) and is climaxed with an additional week of fasting during Holy Week.

Church canons decree a strict ascetic type of fast with abstinence from meat, poultry, fish, and dairy products. Fish however may be eaten on the day of the Annunciation (March 25) and on Palm Sunday, whereas olive oil is to be fasted on Wednesdays and Fridays and on Saturday in Holy Week. These fast laws have been somewhat relaxed in recent years with most families observing a strict fast the first week of Lent and Holy Week and a meat-poultry fast on Wednesdays and Fridays throughout the Lenten season.

LENTEN CAKE I

- 4 *cups sifted cake flour*
- 1 *tsp. baking powder*
- 1 *tsp. salt*
- 2 *tsp. cinnamon*
- 1 *tsp. nutmeg*
- *Grated rind of 1 lemon*
- *Grated rind of 1 orange*
- 1 1/2 *cup sugar*
- 1 *cup vegetable oil*
- 1 *cup water*
- 1 *cup orange juice*
- 2 *tsp. lemon juice*
- 1 *tsp. baking soda*
- 1/2 *cup dark raisins*
- 1/2 *cup golden raisins*
- 1/2 *cup chopped walnuts*

In a large bowl, sift together flour, baking powder, salt, cinnamon and nutmeg. Add lemon and orange rind. In a small bowl blend sugar and oil thoroughly. Add this alternately with water and orange juice into flour mixture, blending well after each addition. Mix lemon juice with baking soda and add to mixture and blend. Add walnuts and raisins and mix well. Pour into 14 inch baking pan which has been greased and floured. Bake in 350 degree oven for about 45 minutes or until done when tested.

LENTEN CAKE II

- 3 *cups flour*
- 2 *tsp. baking powder*
- 1 *tsp. baking soda*
- 1 *tsp. cinnamon*
- 2/3 *cup olive or Wesson oil*
- 1/4 *cup sugar*
- 1 *cup orange juice*
- 1/2 *cup dark currants*
- 1/2 *cup light currants or raisins*
- 1/2 *cup walnuts, chopped*
- 2 *tbsp. grated orange rind*
- *Confectioners sugar*

Sift flour, baking powder, baking soda, cinnamon together. Blend oil and orange juice with sugar well. Add flour mixture a little at a time blending well after each addition. Add currants, walnuts, grated orange rind and mix gently. Pour mixture in a 13x9 oiled baking pan and bake at 350 degrees for 45 minutes. Sprinkle with confectioners sugar.

LENTEN CAKE III

- 3 *cups flour*
- 3 *tsp. baking powder*
- 1 *tsp. salt*
- 1 *tsp. baking soda*
- 1 *cup sugar*
- 1 *cup walnuts, chopped*
- 1/2 *cup raisins*
- 3 *tbsp. orange rind*
- 1/2 *cup water*
- 1 *cup peanut butter*
- *Confectioners sugar*

Sift flour. Add baking powder, salt, bkaing soda and sift again. Mix in sugar and walnuts and raisins. Add orange juice and water slowly to peanut butter blending thoroughly. Pour into flour mixture and stir well. Turn into an oiled baking pan 13x9 inches lined with waxed paper. Bake in 350 degree oven for about 45 minutes. Sprinkle with powdered sugar.

LENTEN CAKE IV
(Nistisimo Stafithato)

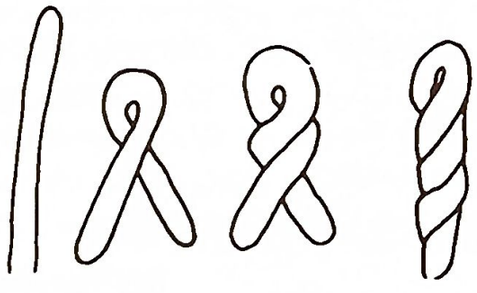
- 3 cups flour
- 4 tsp. baking powder
- Dash salt
- 1 1/3 cups sugar
- 1 cup currants or raisins
- 3 ounces whiskey or brandy
- 1 tbsp. cinnamon
- 1/4 tsp. cloves
- 2 tsp. vanilla
- 1/2 cup vegetable oil
- Juice of 2 oranges
- Rind of 1 orange, grated

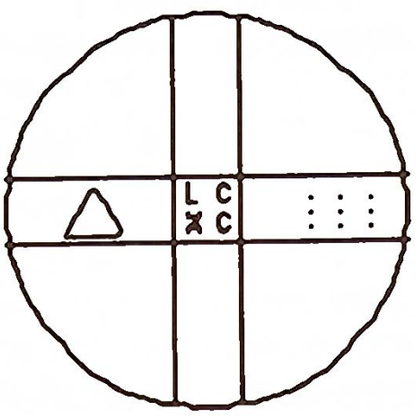
Sift together the flour, baking powder, salt, cinnamon and cloves. In a mixing bowl, combine the flour mixture with the sugar and raisins. Add the vegetable oil, orange juice, rind and mix well. Add the vanilla, and brandy, beat until thoroughly blended. Pour into a well-oiled angle-food pan. sprinkle with additional sugar and cinnamon and bake at 350 degrees for 1/2 hour oruntil toothpick comes out clean when inserted near center.

LENTEN KOULOURAKIA
(Koulourakia Nistisima)

- 1 cup orange juice
- 2 cups Mazola oil
- 1 1/2 cups powdered sugar
- 1 tsp. vanilla
- 1 tsp. cinnamon
- 1 tsp. baking soda
- 7 cups flour (approx.)
- 1/4 cup powdered sugar
- 1/4 cup sesame seeds
- 4 tsp. baking powder

Combine orange juice and oil and beat to mix well. Add powdered sugar, a little at a time and beat until well mixed and smooth. Add vanilla and cinnamon. Sift the baking powder and soda together with about 3 cups flour. Add slowly to the liquid mixture, adding flour to make a soft dough. Roll small pieces of dough into a pencil thick stick. Roll into powdered sugar and lightly into sesame seeds. Loop to make koulourakia. Place on baking sheet. Sprinkle lightly with water. Bake in 300 degree oven about 20 minutes till golden in color. Remove from pan. Cool and store in air tight container.





PROSPHORON: OFFERING BREAD

The Divine Liturgy is the main corporate form of worship in the Greek Orthodox Church commemorating the Last Supper. A round loaf of leavened bread (or five small loaves in the Slavic tradition) bearing the imprint of a special liturgical seal is prepared and offered each week as a gift-offering by the women of the parish for the preparation and consecration of the elements of bread and wine in the Liturgy. The name "prosphoron" (Offering Bread) is derived from the Greek verb "to offer", alluding to the ancient practice of the Faithful offering their gifts to the Church for the glory of God. The center square portion of the seal represents the Crucified Body of Christ and is therefore called "amnos" or lamb, the letters IC XC being an abbreviation for the name "Jesus Christ" and the word NIKA meaning "conquers" or "prevails". In the preparation of the elements, this portion is cut out by the celebrant, placed on the paten, and consecrated as Body of Christ during the invocation of the Holy Spirit (epiclesis), the most solemn part of the Divine Liturgy. The large trianglular portion and the nine smaller triangles are also cut out and placed on the paten, the former in commemoration of the Virgin Mary, the latter in commemoration of the angelic hosts and the Saints of the Church. Yet smaller particles are placed on the paten as the celebrant commemorates the names of the living and the dead. The rest of the loaf is cut up into smaller portions and distributed to the congregation at the end of the Liturgy.

PROSFORON I
(Church Bread)

1 *pkg. dry yeast*
1 *tsp. salt*
1/2 *cup warm water*
6 *cups flour*
2 *cups warm water*

In a small bowl put 1/2 cup warm water and yeast and salt and stir just to mix. Cover with towl and let stand for 5 or 10 minutes to proof yeast. (It will be puffy.) In a large bowl, put flour, making a well in center. Add the proofed yeast mixture and mix gently. Slowly add the two cups water and use all flour to make a smooth dough. Kneed for 10 minutes. More flour or water may be needed to make a managable dough. Dough will be slightly sticky. Cover with wax paper and with a blanket. Let rise for 1 hour or until double in bulk. Turn out dough onto floured board and kneed until dough is smooth and firm, using more flour if needed. Form dough into round loaves and place in floured, round cake pan or pie pan. Pat out slightly. Make an imprint firmly with prosforo seal(sfraghetha) and with a round toothpick, make 6 holes outside the seal mark. Cover and let rise in a warm place until double. Bake in a preheated 350 degree oven for 45 minutes or till done.

PROSFORON II

3 *pkgs. dry yeast*
4 *cups lukewarm water*
Pinch of salt
10 *cups all purpose flour*

Dissolve yeast in warm water. Stir into half o f the flour and beat well. Add remaining flour. Knead 5-10 minutes. Place in two 9 inch round pans with at least two inch sides(this dough rises a good bit) which has been lightly dusted with flour. Dust the top of the prosforos lightly with flour. Stamp the center of the loaf with church seal pressing down heavily. Gently remove stamp. Cover and let rise until double in size (about 2 hours). Bake in 375 degree oven for about 45 minute. Recipe makes 2 offering loaves.

VASILOPITA

New Year's Day acquires a special significance for the people of Greece in that it is the feast day of St. Basil (Aghios Vasilios), one of the most illustrious Church Fathers of the Greek Orthodox Church, and the time of gift-giving as opposed to Christmas in the western tradition. The main dish to adorn the New Year's table is the Vasilopita(St. Basil's Cake), cut by the master of the house with much solemnity. Although customs vary from village to village, generally speaking the first three pieces are dedicated to Christ, the Virgin Mother, and St. Basil. The remaining slices are distributed to the members of the family, following a strict hierarchy, who anxiously eat their pieces in hopes of finding the gold or silver coin concealed in the cake prior to or after the baking process. It is said the finder of the coin will be blessed with good fortune for the year whereas good fortune awaits the household if the coin is found in one of the other three pieces.

NEW YEAR'S BREAD I
(Vasilopita)

- 1/2 *cup milk*
- 2/3 *cups sugar*
- 1 *tsp. salt*
- 3/4 *cup lukewarm water*
- 2 *tsp. sugar*
- 2 *pkgs. dry yeast*
- 3 *beaten eggs*
- 6 *cups sifted all purpose flour*
- 1 *tsp. mahlepi, crushed*
- 1/2 *cup orange juice*

Scald milk, add sugar, salt, and butter. Let cool until lukewarm. In another bowl measure lukewarm water and 2 tsp. sugar. Sprinkle yeast and let stand for 5 minutes. Add milk mixture and stir. Add eggs and continue to stir. Add orange juice and stir. Add half of the flour and beat until smooth. Add mahlepi and stir. Add the remaining flour and knead. Turn dough on a lightly floured board. Knead until smooth. Place dough in a greased bowl and brush lightly with melted butter. Cover with wax paper and a towel and let rise in a warm place free from any drafts until dough is double in bulk. Punch down and knead lightly. Have silver coins ready by scrubbing well and boiling for 10 minutes to sterilize. Take out coins, wrap in small pieces of foil. Form dough into two round loaves. Place into round cake pans. Place a coin in each Vasilopita. Cover with wax paper and a towel and let rise in a warm place until double in bulk. Brush with beaten egg and sprinkle with sesame seeds and decorate with pecans or almonds. Bake at 350 degrees for 35 to 45 minutes.

NEW YEAR'S BREAD II
(Vasilopita)

1	*lb. butter*	1	*jigger brandy*
2	*cups sugar*	8	*eggs, separated*
1	*cup orange juice*	3	*tsp. baking powder*
1	*cup water*	12	*cups flour (about)*

For decoration: Blanch almonds or walnuts and sesame seeds.

Cream butter and sugar well. Add egg yolks one at a time beating well after each addition. Sift flour and baking powder together. Add alternately with orange juice, water and brandy. Beat egg whites until stiff and blend well. Turn dough in lightly floured board and knead until smooth. Form into round loaves and place in greased cake pan. Wash coins thoroughly with clorox and rinse well. Boil for 10 minutes in boiling water. Wrap in foil and place in loaves. Brush with beaten egg and sprinkle with sesame seeds. Use almonds or walnuts to form the New Year date. Bake in 350 degree oven for 35-45 minutes or until golden brown.

NEW YEAR'S BREAD III
(Vasilopita Tis Oras)

12	*cups flour (about)*	1	*tbsp. baking powder*
6	*eggs*		*Juice of 1 orange & grated rind*
1	*cup sugar*		*Confectioners sugar (optional)*
1/2	*cup apricot brandy*		*Whole blanched almonds*
1/2	*cup melted butter*		

Separate egg yolks from whites. Mix the orange juice, rind and brandy. Beat egg whites till stiff. Set aside. Beat egg yolks with sugar until creamy. Add butter and continue to beat for another 5 minutes. Add brandy and orange juice. Sift flour with baking powder. Gradually add half of the flour mixture and half of the egg whites and beat well. Add the remaining flour and egg whites and beat well until well blended. Put batter in a greased cake pan. Add silver coin(that has been boiled to sterilize). Bake in 350 degree oven for about 1 1/2 hours. Sprinkle with confectioners sugar. Use almonds or walnuts to decorate cake with year and to make flowers and designs. Decorate after cake is baked, if done prior to baking you lose decorations when cake rises.

United States

APPETIZERS

OYSTER ROLLS

- 2 *8 oz. pkgs cream cheese*
- 2 *cans smoked oysters*
- 2 *tsp. Worchestershire sauce*
- 1 *garlic clove, pressed*
- 1/2 *tsp. salt*

Soften cream cheese. Add Worchestershire, garlic, and salt. Combine well. Spread 1/2 inch thick on wax paper into a 4 x 6 inch rectangle. Drain oysters and chop. Spread over cheese mixture. Roll, using knife to help start. Chill for 24 hours. Serve with crackers or Melba Toast.

PARMESAN PINEAPPLE CHEESE BALL

- 2 *8 oz. pkgs, cream cheese softened*
- 1/4 *cup Parmesan cheese*
- 1 *8 1/2 oz. can crushed Pineapple*
- 1/4 *cup green pepper, chopped*
- 2 *cups chopped walnuts*
- 2 *tbsp. chopped onion*
- 1 *tsp. chopped dill weed*
- 1/2 *tsp. seasoned salt*

Beat cream cheese until smooth, stir iin crushed pineapple, 1 cup of nuts, green pepper, onion, dill, salt. Shape into ball and roll in nuts. Pat roll down to form a head of cheese. Wrap in plastic wrap and chill overnight. Serve with assorted crackers.

BISCUITS

BAKING POWDER BISCUITS

- 1/2 *stick butter*
- 2 *cups all purpose flour*
- 2 *tsp. baking powder*
- 1 *tsp. salt*
- 2/3 *cup cold milk*
- 1 *tbsp. sugar*

Preheat oven to 400 degrees. Grease cookie sheet. Combine flour, baking powder, salt and sugar. Add butter in bits and rub flour mixture and butter with fingers to make coarse flakes. Pour in milk and mix with spoon to form a soft dough. Place dough on a lightly floured board and roll out to 1/2 inch thickness. Cut out biscuits and place on cookie sheet. Bake for 20 minutes at 350 degrees.

HUSH PUPPIES

- 1/4 cup flour
- 4 tsp. baking powder
- 1 1/4 cups white corn meal
- 1/2 tsp. salt
- 2 eggs
- 3/4 cup buttermilk
- 1 tbsp. minced onion
- 1 tsp. minced garlic
- Vegetable oil for frying

Combine flour, baking powder, salt, and sift together in large bowl. Stir in cornmeal, eggs (one at a time) and beat vigorously with wooden spoon until mixture is smooth. Add buttermilk and stir until blended. If batter is too thick, add a little more buttermilk. Add onion and garlic and mix well. Drop by tablespoon into hot oil, turning frequently to brown evenly.

CAKES

APPLESAUCE CAKE

- 1/2 cup butter
- 1 3/4 cups granulated sugar
- 2 eggs
- 1 1/2 cups applesauce
- 1 tsp. baking soda
- 2 1/2 cups all purpose flour
- 1 tsp. baking powder
- 1/2 tsp. salt
- 2 tsp. cinnamon
- 1/2 tsp. cloves
- 1 tsp. nutmeg
- 2 tbsp. molasses
- 1 tsp. brandy extract
- 1 cup light raisins
- 1/2 cup chopped walnuts

Cream butter and sugar until fluffy. Add eggs and continue to beat. Mix soda with applesauce and add to creamed mixture. Sift flour, baking powder, cloves, nutmeg, cinnamon, and salt together. Add to above and mix well. Add brandy. Blend in raisins and walnuts. Grease a 10 inch tube pan well and flour. Spoon in batter. Bake for 55 minutes at 325 degrees 30 minutes or till done.

FROSTING: Cream 8 oz. cream cheese with 1/2 cup butter, add 1 box powdered sugar, 1/2 cup chopped walnuts and 1 tsp. brandy extract.

BANANA CAKE

1/4 lb. butter or margarine	2 cups flour
1/2 cup shortening (Crisco)	1/2 tsp. salt
1 cup sugar	1 tsp. baking soda
3 mashed bananas	1/2 cup nuts, chopped
2 beaten eggs	1 tsp. baking powder

Cream first three ingredients together until light, then add bananas and eggs and beat well. Add flour, salt, baking powder, baking soda and beat well. Last add the chopped nuts and mix. Bake 1 hour at 350 degrees in angel food pan. Serve plain or frosted.

CARROT CAKE

2 cups flour	1 1/2 cups oil
2 tsp. baking soda	4 eggs
1 1/2 tsp. baking powder	2 cups grated carrots
1 tsp. salt	1 can crushed pineapple, drained
2 tsp. cinnamon	
2 cups sugar	1 cup walnuts

Mix in order listed. Beat at low speed until well mixed. Bake at 375 degrees about 45 minutes or until toothpick comes out clean. Cool completely.

FROSTING; Cream 8 oz. cream cheese and 1 1/2 cup butter; add 1 box powdered sugar, 1 tsp. vanilla and then 1 small can crushed pineapple, well drained.

CHEESECAKE

1/2 *lb. cream cheese*	2 *tbsp. cornstarch*
1 1/2 *lb. ricotta*	2 *tsp. vanilla*
6 *eggs, separated*	1/2 *cup milk*
2 *tbsp. flour*	1 *cup sugar*

Beat egg whites till stiff. Refrigerate. Beat all other ingredients for 10 minutes. Fold in egg whites. Grease and flour 10-inch spring form pan. Pour into pan and bake at 350 degrees for 1 hour and 10 minutes. Turn oven off. Open door and leave cake inside until it cools.

CHOCOLATE REFRIGERATOR CUP CAKES

1/4 *lb. butter*	1 *tsp. vanilla*
1 1/2 *oz. bitter chocolate*	2 *eggs, well beaten*
1 *cup granulated sugar*	1 *cup coarsely chopped walnuts*
2/3 *cup unsifted flour*	

Melt butter and chocolate together in double boiler, add to other ingredients and mix well. Place midget paper cups in tins and fill half full, no more. Bake 12 minutes at 350 degrees. May not look done but do not overbake. **Prepare icing while cakes bake:**

Melt 2 tbsp. butter, 1 oz. bitter chocolate. Add 3/4 box powdered sugar and enough cold coffee to make icing of smooth spreading consistency. Ice cupcakes while warm. Refrigerate.

FRUIT CAKE

3/4 lb. butter	1/2 tsp. cloves
2 cups sugar	1 tsp. nutmeg
8 eggs	1/2 cup sour cream
4 cups sifted flour	3 tsp. baking soda

Cream butter, sugar, and add eggs beating well. Add flour, cloves and nutmeg. Mix baking soda into sour cream and mix into flour slowly. Beat well. In a bowl mix the following, except liquor:

2 lbs. plumped raisins	1 lb. candied cherries, halved
1/2 lb. candied orange peel, diced	1 lb. fruit mix
1/2 lb. lemon peel, diced	1 1/2 lbs. walnuts, broken
1 lb .candied pineapple pieces	1/2 cup flour
	1 cup liquor

Add to the above batter, alternately with any liquor you choose.Mix well. Grease and flour loaf pans. Bake at 350 degrees for 15 minutes and then for 30 minutes at 300 degrees or until toothpick comes out clean. **To plump raisins:** Soak in water for one hour. Drain well and pat dry with paper towel.

HOT MILK CAKE

4 eggs	1 tsp. vanilla
2 cups sugar	1 cup milk
2 cups flour	1/4 lb. butter
2 tsp. baking powder	

Beat eggs well, add sugar gradually and continue beating. Sift flour and baking powder together and add to egg mixture, together with vanilla. Beat well. Heat butter and milk together almost to boiling, **do not boil.** Add milk mixture all at once to flour mix and stir quickly while hot and pour into well greased tube pan. Place into preheated oven immediately. Bake 30 to 40 minutes at 450 degrees or till done. Good served plain or frosted. Lemon frosting especially good on this cake.

MANGO COFFEE CAKE

- 1/2 *cup butter*
- 1 1/2 *cups sugar*
- 2 *eggs*
- 1 *cup mashed ripe mango*
- 2 *cups sifted flour*
- 1/2 *tsp. salt*
- 1 1/2 *tsp. baking powder*
- 1 *tsp. soda*
- 1/2 *cup buttermilk*
- 1 *tsp. brandy extract*
- 1/2 *cup chopped walnuts*
- 1 *tbsp. lemon juice*
- 1/2 *cup powdered sugar*

Cream butter and sugar until light and fluffy. Beat in eggs one at a time. Add mashed mangos and beat well. Sift together flour, salt, baking powder, soda. Add alternately with buttermilk. Add brandy and blend. Add walnuts. Grease and flour 11 1/2 x 7 1/2 inch pan and pour in batter. Bake at 350 degrees for 25 to 30 minutes. Mix powdered sugar and lemon juice and glace cake.

MISSISSIPPI MUD CAKE

- 2 *cups sugar*
- 1 *cup shortening*
- 4 *eggs, beaten*
- 1 1/2 *cups flour*
- 1/3 *cup cocoa*
- 1 1/4 *tsp salt*
- 3 *tsp. vanilla*
- 1 *cup chopped walnuts*
- 1 *pkg. miniature marshmallows*

Preheat oven to 300 degrees. Cream sugar, shortening and beaten eggs. Sift flour, cocoa and salt. Add to creamed mixture, add vanilla and walnuts. Pour batter into greased 9x13 inch pan. Bake at 300 degrees for 35 minutes. Remove from oven (leave oven on). Place marshmallows on top of cake, and return to oven for 20 minutes or until marshmallows are melted. Remove from oven. Cool cake for 20 minutes then spread with icing. ICING: Cream 1 1/2 sticks melted margarine, 1/3 cup cocoa, 1 box sifted powdered sugar, 1/2 cup evaporated milk, 1 teaspoon vanilla. Add 1 cup chopped walnuts.

ORANGE SLICE CAKE

2	*cups sugar*
2	*sticks butter*
4	*eggs*
1/2	*cup buttermilk*
1	*tsp. baking soda*
3 1/2	*cups sifted flour*
1/2	*lb. diced dates*
1	*lb. candied orange slices*
1	*small can coconut*
2	*cups chopped nuts*
1	*cup orange juice mixed with 2 cups powdered sugar*

Cream sugar and butter until fluffy. Add eggs, 1 at a time, beating well. Combine buttermilk and soda and add alternately with 3 cups flour to egg mixture. Dredge dates, candied slices, coconut and nuts in remaining flour, and add to mixture. Pour into greased tube pan. Bake at 350 degrees for 2-2 1/2 hours. Pour orange juice over warm cake. Let stand in pan for about 30 minutes. Remove when cool. Refrigerate overnight or longer before serving. Freezes Well

PUMPKIN CHEESE CAKE

Combine 1 1/2 cups Zwieback crumbs, 3 tbsp. sugar and 3 tbsp. butter. Press into bottom and 2 inches up sides of 9 inch springform pan. Bake at 325 degrees for 5 minutes.

2	*8 oz. pkgs. cream cheese*
1	*cup light cream*
1	*cup canned pumpkin*
1/2	*cup sugar*
4	*egg yolks*
3	*tbsp. all-purpose flour*
1	*tsp. vanilla*
1	*tsp. cinnamon*
1/2	*tsp. ginger & nutmeg*
1/4	*tsp salt*

Beat all ingredients till smooth in large bowl, then fold in 4 stiffly beaten egg whites. Turn into baked crust. Bake in 325 degree oven for 1 hour or till done. Make **TOPPING:** Combine 2 cups dairy sour cream, 4 tablespoons sugar and 1 teaspoon vanilla. Spread over cheesecake and bake 5 minutes more. Chill thoroughly before serving.

SNOWBALL CAKE

2 *pkgs. Knox gelatin*
1/2 *cup water*
1 *cup water*
2 *cups orange juice*
2 *tbsp. lemon juice*
1 *cup sugar*
1/8 *tsp. salt*
1 *box dream whip for cake*
1 *med. size cool whip*
1 *angel food cake*
1 *pkg. coconut*

Dissolve knox gelatin in 1/2 cup water. Heat 1 cup orange juice, sugar, lemon juice, salt. Add gelatin and stir until dissolved. Add additional cup of orange juice and chill until it starts to jell. Whip 1 box of Dream whip according to directions. Fold in gelatin mixture. Cut off brown crust of angel food cake and break into small pieces. Line a large mixing bowl with wax paper. Put a layer of cake pieces and then add a layer of gelatin mixture. Repeat the same process until all cake and gelatin are used up. Chill until firm. Unmold on cake plate and frost with cool whip. Sprinkle with coconut.

WALNUT CAKE

Mix 3 cups granulated sugar, 2 cups water, 1 stick cinnamon, and 1 tsp. lemon or lime juice. Boil for 10 minutes and set aside to cool.

1/2 *lb. butter*
1 *cup sugar*
8 *eggs*
1 *lb. ground walnuts*
1 *tsp. cinnamon*
1 *tsp. baking powder*
2 *cups bisquick*

Cream butter and sugar together until smooth. Beat in eggs, one at a time until each is blended into mixture. Add cinnamon, walnuts, baking powder and mix thoroughly. Fold in bisquick until absorbed. Pour into well greased bunt or angel food pan and bake in preheated 350 degree oven for 45 minutes. Remove from oven and immediately pour the cooled syrup over the hot cake, slowly. Allow to stand for 10-15 minutes and gently loosen sides and turn out on platter.

COOKIES

- 1 1/2 *cups graham crackers, crumbled*
- 1 *cup flaked coconut*
- 1/2 *cup chopped pecans*

COCONUT COOKIE BARS

- 1 *tbsp. butter*
- 1 *cup semi-sweet chocolate morsels*
- 1 *can sweetened condensed milk*

Mix all ingredients and press into a well-greased 9 inch square pan. Bake at 350 degrees for about 20 minutes. Cut into bars.

FRUITCAKE COOKIES

- 1 *lb. diced candied pineapple*
- 1 *lb. diced red cherries*
- 1/2 *lb. dark raisins*
- 4 *cups chopped walnuts*
- 3 1/2 *cups all purpose flour*
- 1 *cup brown sugar*
- 1/2 *cup butter*
- 4 *eggs, separated*
- 3 *tsp. baking soda*
- 2/3 *cup apricot brandy*
- 1 *tsp. nutmeg*
- 1/8 *tsp. cloves, ground*

Cream butter and sugar until fluffy. Blend in egg yolks. Dissolve soda in milk, stir in egg mixture. Add brandy, spices and 2 1/2 cups of the flour. Mix well. Beat egg whites until stiff, but not dry. Fold in batter. Separately mix remaining flour with diced candied fruit and raisins. Stir into batter. Drop rounded teaspoon full onto greased cookie sheet. Bake at 325 degrees for 25 to 30 minutes.

PEANUT BUTTER BALLS

- 1 *box powdered sugar*
- 1 *stick melted margarine*
- 2 *cups peanut butter*
- 3-4 *tbsp. milk*
- 1 *tsp. vanilla*
- 12 *oz. pkg. chocolate chips*

Mix all ingredients, except chocolate chips and form ball about the size of walnuts. Melt chocolate chips in double boiler. Dip balls in chocolate and set on wax paper and chill. If they don't harden set in refrigerator. Makes 5-6 dozen.

RUM BALLS

1 box vanilla wafers	1 lb. ground walnuts
1/2 tsp. rum flavoring	1/2 cup honey
1 cup rum	1 box powdered sugar

Crush vanilla wafers to fine crumbs. Add all other ingredients except sugar. Mix well and form into round balls. Roll 2 to 3 times in powdered sugar.

DESSERTS -MISCELLANEOUS

BAKED APPLES

8 cooking apples	5 tbsp. sugar
3/4 cup raisins	1/2 tsp. lemon rind
1 1/4 cup white wine	2 tbsp. butter

Core apples. Soak raisins in wine about 1/2 hour, then stuff into centers of apples, sprinkle with lemon rind and sugar and dot with butter. Sprinkle with wine left over from raisins. Bake at 350 degrees for 45 minutes. Can be served hot or cold.

BURNT CREME

1 pint whipping cream	1/2 cup sugar
4 egg yolks	1 tbsp. vanilla

Heat cream over low heat until bubbles form around edge of pan. Beat egg yolks and sugar together until thick, about 3 minutes. Gradually beat cream into egg yolks. Stir in vanilla and pour into 6 oz. custard cups in baking pan that has 1/2 inch of water in the bottom. Bake at 350 degrees until set, about 45 minutes. Cool. Sprinkle 2 teaspoons granulated sugar on top of each cup. Place under broiler until topping is medium brown. Chill before serving. A crust will form on top of custard.

ORANGE OR LEMON CREAM DESSERT

1 *envelope unflavored gelatine*
6 *tbsp. (approx.) cold water*
3 *egg yolks*
4 *tbsp. warm water*
4 *heaping tbsp. sugar*
Juice of 2 oranges & 1/2 lemon or juice of 2-2 1/2 lemons
3 *egg whites*

Dissolve gelatine with cold water and heat slowly. Set aside. Beat egg yolks and warm water until frothy. Add 2/3 of the sugar. Beat until creamy. Add lukewarm gelatine and juice and let cool. Beat egg whites. Add rest of sugar and beat until stiff. Fold egg whites into egg yolk mixture. Put into molds and chill.

PIES

1 *unbaked 9-inch pie shell*
1/2 *cup white sugar*
3/4 *tsp. cinnamon*
Pinch of salt

APPLE PIE

5 *cups thin apple slices*
3/4 *cup packed brown sugar*
3/4 *cup sifted flour*
1/3 *cup butter*

Mix white sugar, cinnamon, sallt and apple slices in mixing bowl. Arrange in pie shell. Blend brown sugar and flour. Cut in butter with pastry blender until crumbly. Sprinkle over apples. Bake at 350 degrees for 35 minutes. Serve with whip cream or slice of cheese.

KEY LIME PIE

Mix 2 cups graham cracker crumbs, 1/4 cup sugar and 3/4 stick butter or margarine till well blended. Press into 9 inch pie pan, working it up sides. Bake at 350 degrees for 15 minutes.

FILLING:

3 *egg yolks*
2 *14 oz. cans sweetened condensed milk, chilled*
1 *cup key lime juice, chilled*
Whipped cream for topping

In chilled bowl, beat egg yolks with wire wisk or electric mixer for about 4 minutes or until very thick. Slowly stir in the condensed milk and lime juice until well blended. Pour into baked, cooled pie crust and chill for 5-6 hours. Top with whipped cream before serving.

LEMON MERINGUE PIE

9 *inch pie shell*
1 *cup granulated sugar*
4 *tbsp. cornstarch*
1/8 *tsp. salt*
1 1/4 *cups warm water*
Grated rind of 1 lemon
1/4 *cup lemon juice*
3 *egg yolks slightly beaten*

In a double boiler combine sugar, butter, cornstarch, salt. Stir in water slowly. Add lemon rind and juice. Cook until smooth and thick enough to mound when dropped from spoon. Remove from heat and cool.

MAKE MERINGUE;

Place 3 egg whites in medium size bowl with 1/4 teaspoon salt, 1/2 teaspoon vanilla and beat till frothy. Add 6 tablespoons granulated sugar a little at a time beating well after each addition. Beat until stiff peaks are formed. Spoon cooled lemon filling into cooled pie shell. With spoon place mounds of meringue on pie. Bake for approximately 15 minutes. Cool and serve.

MACADAMIA NUT PIE

4 *egg whites*
7 *oz. jar Macadamia Nuts (chunky chop)*
1 *tsp. vanilla*
1 1/4 *cup granulated sugar*
1 1/2 *cups graham cracker crumbs*
2 *dashes cream of tartar*

Beat egg whites with the sugar to form stiff peaks. Add cream of tartar and beat again until blended. Fold in nuts then graham cracker crumbs. Add vanilla. Pour mixture into a buttered 10-inch pie plate and bake in preheated 350 degree oven for 40 to 50 minutes. Carefully test with toothpick. Top will be crusty. Be sure toothpick is dry. Cool. Garnish with 1/2 pint whipped heavy cream. May be frozen without the whipped cream until needed.

DRESSINGS

BLUE CHEESE DRESSING

1/4 *cup yogurt & cup mayonnaise*
1/4 *cup sour cream*
1/4 *cup buttermilk*
1/2 *tsp. dry mustard*
1/2 *cup crumbled blue cheese*
Salt & pepper to taste

Beat all ingredients except blue cheese until smooth. Stir in the cheese and chill.

FOOD PROCESSOR MAYONAISE

2 *egg yolks*
1/4 *tsp. salt*
2 *tsp. Dijon mustard*
3 *tsp. lemon juice*
1 *cup corn or olive oil*

Put first 4 ingredients in food processor and blend for 10 seconds. Add very slowly with machine running. If too thick, add a teaspoon or two of lemon juice.

Variations: After thickened you may add 1 teaspoon dried tarragon or 1 teaspoon dried sweet basil. Instead of lemon juice you may use wine vinegar or a combination of both. By adding 4 cloves of garlic chopped fine you have fashioned Aioli. This can be used with cold meats, fish or with vegetables.

RANCH STYLE DRESSING

1 *clove garlic, minced*
1/2 *cup buttermilk*
1/4 *cup sour cream*
1/4 *tsp. crumbled oregano*
Salt and pepper to taste

Mash minced garlic with salt. Add rest of ingredients and blend well. Refrigerate at least one hour to blend flavors. Great over shredded chicory or shredded cabbage salads.

THOUSAND ISLAND DRESSING

2 *tsp. red-wine vinegar*
1/4 *cup each catsup or chili sauce*
2 *tsp. mustard, preferably Dijon style*
1 *cup mayonnaise*
1 *tsp. worcestershire*
Dash of hot pepper sauce
2 *tsp. prepared horseradish*

Optional additions:

3 *green onions, chopped fine*
2 *hard cooked eggs, mashed*
1/4 *cup chopped green pepper*
1/4 *cup finely chopped celery*

Mix well all ingredients except optional ones. Add any optional ingredients you prefer. Refrigerate tightly covered.

MAIN DISHES

BARBECUED SPARE RIBS (OVEN)

4 *lbs. spare ribs*
2 *tbsp. butter*
1/2 *cup chopped onion*
1 *cup water*
1 *cup diced celery*
1/4 *cup snipped parsley*
2 *tbsp. vinegar*
2 *tbsp. Worcestershire sauce*
1 *cup catsup*
2 *tbsp. lemon juice*
2 *tbsp. brown sugar*
1 *tsp. dry mustard*
1 *tsp. salt*
1/4 *tsp. pepper*
1/2 *cup scallions, chopped*
3-4 *cloves garlic, minced*

Cut spare ribs to serving size, brown slow in skillet and put in baking pan. Pour off fat from skillet. Brown onion, celery, garlic, add rest of ingredients. Simmer for 20 minutes. Pour all over spare ribs. Cover and bake 1 1/2 hours at 350 degrees. Uncover and bake 30 minutes more. Skim off any fat. Serve with mashed potatoes, oven baked potatoes or pilaf.

TO USE CHICKENS: Saute chicken first and proceed as with spare ribs, baking uncovered for 30-40 minutes.

BRAISED BEEF SHORT RIBS WITH VEGETABLES

2 *tbsp. oil*
5 *lbs. beef short ribs, cut in serving size pieces*
1 *large onion chopped, about 1/2 cup*
1 *cup sliced carrots*
1/2 *cup celery, slices*
1 *can beef broth*
1 *cup water*
1 *tsp. salt*
1/4 *tsp. pepper*
1/2 *tsp. marjoram, crumbled*
1 *tbsp. flour*
3 *tbsp. water*

Heat Dutch oven, add oil and ribs and brown on all sides. Add onion, celery and carrots and saute until light brown. Add beef broth, water, salt, pepper and marjoram, cover and place in slow oven (325) for 2 1/2 hours or until meat is very tender. Remove ribs to platter and keep warm. Skim off fat from liquid, bring back to boiling. Combine flour and water, stir into simmering liquid and cook and stir until liquid thickens about 3 minutes. Pour enough over ribs to coat then serve rest in gravy boat.

BEEF STEW

4 *pieces bacon*
4 *medium size onions*
2 *lbs. lean chuck beef, 1-inch cubes*
1/4 *cup flour*
6 *cups water*
12 *medium carrots, scraped and cut 1/2 inch cubes*
4 *sprigs fresh parsley*
1 *bay leaf*
1/8 *tsp. dried thyme*
2 *tsp. salt*
Fresh ground pepper
3 *medium size potatoes, peeled & cut 1/2 inch cubes*

In a heavy skillet, fry bacon. Remove bacon and add onions and lightly brown. Remove onions and place in a bowl. Roll beef cubes in flour and shake off excess. Brown evenly without burning. Remove beef cubes and add to bowl with onions. Pour 1 cup of water in skillet. Bring to a boil and scrape skillet well to make a gravy. Add onions and beef. Add the remaining water, parsley, thyme, salt, pepper, bay leaf and parsley. Cover and simmer for 1 hour. Stir in potatoes, carrots, cover and simmer for 30 minutes until meat and vegetables are cooked. Remove bay leaf and parsley. Add dumplings and simmer until dumplings test done.

MAKE DUMPLINGS; Sift together 2 cups flour, 1 tablespoon baking powder and 1/2 tsp salt. Add butter and with fingers rub together to coarse meal texture. Add 1 1/2 cups milk and 1/2 cup minced parsley and beat until smooth. Drop by tablespoon into stew.

BROCCOLI AND CHICKEN CASSEROLE

- 2 *pkgs. frozen broccoli*
- 2 *cans cream of chicken soup*
- 1 *cup mayonnaise*
- 2 *tsp. curry powder*
- 1/2 *cup plain bread crumbs*
- 4 *chicken breasts (boned) or left over turkey chunks*
- 1 *cup sharp cheddar cheese*
- 1 *tbsp. melted butter*

Cook broccoli to package directions. Drain thoroughly. Layer cooked broccoli in bottom of casserole. Layer cooked chicken on top of broccoli. Combine cream of chicken soup, mayonnaise, curry powder, and lemon juice. Mix thoroughly. Pour the sauce over the chicken and broccoli. Grate the cheese and sprinkle on top of the chicken and broccoli. Then sprinkle the bread crumbs on top. Bake in preheated 350 degree oven for 25-30 minutes. This can be made and frozen for future use.

CHICKEN IN BEER CASSEROLE

- 1 *fryer*
- 1/4 *cup, butter or margarine*
- 2 *onions, chopped*
- 2 *green peppers, chopped*
- 2 *garlic cloves, minced*
- 1 *cup tomato sauce*
- 3/4 *cup beer*
- 1/2 *tsp. thyme*
- *Salt and pepper to taste*
- *Flour*

Cut chicken into serving pieces. Combine salt, pepper and flour, mix well. Dredge chicken in flour mixture, pat off excess and saute in butter. Remove chicken as it browns and place into buttered casserole. When all chicken is sauted, using the same frying pan, add the onions, peppers and garlic, and cook until wilted. Add the tomato sauce, beer, and thyme and saute a minute or so, then pour over the chicken. Bake at 350 degrees for 45 minutes.

CHILI CON CARNE I

- 2 *tbsp. salad oil*
- 1 *large onion, sliced thin*
- 1/2 *medium green pepper, diced*
- 3/4 *lbs. lean ground beef*
- 1/2 *cup boiling water*
- 1 *cup canned tomatoes*
- 1 1/2 *tbsp. chili powder*
- 2 *tbsp. cold water*
- *Pinch of salt*
- 1 *tsp. sugar*
- 2 *cloves garlic, minced*
- 2 *cups canned kidney beans*

Saute onions and peppers in oil. Add meat and stir to brown. Add boiling water, tomatoes, and chili powder dissolved in cold water, sugar, salt and garlic. Simmer covered for 1 hour. If needed add a little hot water. Add beans and simmer for 5 minutes.

CHILI CON CARNE II

- 2 *lbs. round or chuck steak*
- 1 *lg. onion chopped (1 cup)*
- 2 *tbsp. olive or vegetable oil*
- 2 *cloves garlic, minced*
- 2 *tbsp. chili powder (to taste)*
- 2 *cans (1 lb.) red kidney beans*
- 1 *can (28 oz.) tomatoes*
- 2 *tsp. salt*
- 1/2 *tsp. cumin seeds, crushed*
- 1 *bay leaf*
- *Hot cooked rice*

Trim fat from meat and cut into 1/2 inch cubes. Brown in heavy kettle, push to one side. Add onion and garlic and saute till soft. Stir in chili powder and cook 1 minute. Add tomatoes, salt, cumin and bay leaf, heat to boiling, lower heat, cover and simmer 2 hours stirring occasionally. Drain kidney beans and add. Cook for 10 minutes or until heated through. Serve in bowls with hot cooked rice or serve plain.

FRIED FROG LEGS

- 3 *lbs. frog legs*
- 3/4 *tsp. salt*
- 1/2 *tsp. pepper*
- 3 *tbsp. lemon juice*
- 1/2 *cup vegetable oil*
- 1 1/2 *tbsp. chopped parsley*
- 1 *clove garlic*
- *Fritter batter*

In a large bowl combine frog legs, salt, pepper, lemon juice, oil, parsley and garlic and marinate for 1 hour. Place frog legs on paper towel and pat dry. Dip in fritter batter and fry until well browned.

HAM LOAF

- 1 *tbsp. butter*
- 3 *cups ground cooked ham*
- 1/2 *lb. ground fresh pork*
- 1 *cup breadcrumbs*
- 2 *tbsp. prepared mustard*
- 1 *egg, lightly beaten*
- 1/2 *cup grated onion*
- 1/2 *cup milk*

Combine all ingredients and mix well. Shape into loaf and place in buttered pan. Bake at 350 degrees for 1 hour.

JAMBALAYA

- 1/2 *lb. hot sausage*
- 1 *lg. onion, chopped*
- 1 *lg. green pepper*
- 3 *cloves garlic, minced*
- 1 *cup uncooked rice*
- 1 *can (28 oz.) tomatoes*
- 1 *cup chicken broth*
- 2 *cups cooked ham, cubed*
- 3 *tbsp. chili powder*
- 1/2 *tsp. tumeric*
- *Pepper to taste*
- 1/2 *lb. medium shrimp, raw*

Cut sausage into 1-inch pieces and brown in saucepot. Drain off fat, then add onion, green pepper and garlic and cook 5 minutes stirring often. Add rice; stir about 3 minutes. Add tomatoes, undrained, broth, ham, chili powder and tumeric, and bring to boil, then simmer covered for 15 minutes, stirring once or twice. Add shrimp, stir once and simmer 5 minutes until shrimp are pink.

NEW ENGLAND BOILED DINNER

- 2 *lbs. corned beef*
- 1 *med. head cabbage*
- 12 *new potatoes*
- 6 *small carrots*
- 12 *small white onions*
- 2 *tbsp. chopped parsley*

Soak corned beef in water for 2 hours to remove excessive salt. Drain. Place corned beef in 6 quart pot and cover with cold water. Bring to boil and remove scum as it rises to surface. Simmeeer for 2 hours or until tender. Remove beef from liquid and keep warm. Core and quarter cabbage and cook with other vegetables in liquid in beef pot. Slice corned beef and arrange in center of a heated platter. Arrange vegetables around it. Sprinkle with parsley. Serve with horseradish and mustard.

QUICK MEAT LOAF

- 2 *lbs. ground chuck*
- 1 *large onion, chopped*
- 4 *eggs, hard boiled*
- 1/2 *cup breadcrumbs*
- 6 *tbsp. butter*
- 2 *tbsp. parsley*
- 1/2 *cup white wine*
- *Salt & pepper to taste*

In a small saucepan place 2 tablespoons butter and add onions. Simmer until transparent. Remove onion and reserve butter. Mix ground chuck, raw egg, salt, pepper, parsley, breadcrumbs and onion. Flatten meat on floured surface, place peeled eggs in center and form a roll. Sprinkle with flour thoroughly. Grease pan with butter and place meat roll in it. Top with butter used to fry onions. Bake at 350 degreesfor 40 minutes. When meat forms a brown crust, add wine slowly., Add more water if needed.

SHRIMP CREOLE

- 4 *tbsp. cooking oil*
- 1/2 *cup chopped onions*
- 1/2 *cup chopped celery*
- 1 *clove garlic, minced*
- 1 *1-lb. can tomatoes*
- 1 *8 oz. can tomato sauce*
- 1 1/2 *tsp. salt*
- 1 *tsp. sugar*
- 1/2 *tsp. chili powder*
- 1 *tbsp. Worcestershire sauce*
- *Dash Tabasco*
- 1 *tsp. cornstarch*
- 2 *tsp. cold water*
- 3/4 *lb. raw cleaned shrimp*
- 1/2 *cup chopped green pepper*
- *Chopped scallions (optional)*

Cook onions, celery and garlic in oil until soft; add tomatoes, tomato sauce, salt, sugar, chili powder, Worcestershire sauce and Tabasco and simmer uncovered for 45 minutes, stirring occasionally. Mix cornstarch with water, add to mixture slowly, stir until thickened. Add green pepper and shrimp, stir to mix and simmer about 5 minutes. Serve over rice. Sprinkle with scallions.

VEAL WITH MUSHROOMS

1 *tbsp. butter*
1 *tbsp. olive oil*
1 *garlic clove*
1 *bay leaf*
1 1/2 *lbs. veal cutlets, sliced very thin*
Salt & pepper to taste
1 *tbsp. lemon juice*
1 *tbsp. water*
2 *tbsp. butter*
1/2 *lb. mushrooms, sliced*

Cut veal into serving pieces. Heat butter and oil with garlic and bay leaf in frying pan, add veal, salt and pepper, and cook on high flame about 3 minutes, turning meat twice during cooking. Remove veal and arrange on serving platter. Remove garlic and bay leaf from pan, add lemon juice and water to pan gravy, and pour over veal. Put 2 tablespoons butter in same frying pan, add mushrooms and cook 2 minutes. Pour over veal. Marsala wine can be added to this dish. Add 1/4 cup to meat at midpoint of cooking and then 1/4 cup to the mushrooms, allowing a minute or so for the alcohol to evaporate. Pour over veal.

ROAST LEG OF VENISON

2 *tbsp. butter, melted*
1 1/2 *cups finely chopped onions*
2 *carrots, chopped fine*
1 *stalk celery, chopped*
2 *cloves garlic, minced*
3 *cups burgandy wine*
1 *bay leaf, crumbled*
Salt & pepper to taste
1 *leg of venison*
1 *tbsp. cornstarch*
1/2 *cup cold water*

Combine butter, onions, carrots, celery, garlic, and burgandy. Place venison in a roasting pan and pour marinate over it. Cover well and chill overnight,, turn meat 3 to 4 times. To cook, preheat oven at 425 degrees. Bake for 15 minutes and then reduce oven to 375 degrees. Occasionally baste meat with pan juices. Cook to desired doneness. Cool slightly before slicing. Make gravy; strain vegetablles through fine sieve pressing to extract all juices before discarding them. Add water to make 2 cups of liquid. Make a smooth paste of the cornstarch and 1/2 CUP cold water. Bring the liquid to simmer and add cornstarch mixture, stirring well. Add salt and pepper if needed. Serve on top of sliced venison.

SOUPS

CONCH CHOWDER

- 3 *strips bacon*
- 1 *lg. onion, chopped*
- 1 *lg. pepper, chopped*
- 4 *medium potatoes, diced*
- 3 *conch (about 3/4 lb.)*
- 1/2 *small can tomato paste*
- 2 *bay leaves*
- *Salt & pepper to taste*
- *Tabasco Sauce*
- 1 *32.oz. can crushed tomatoes*
- 1 *16 oz. can tomato sauce*

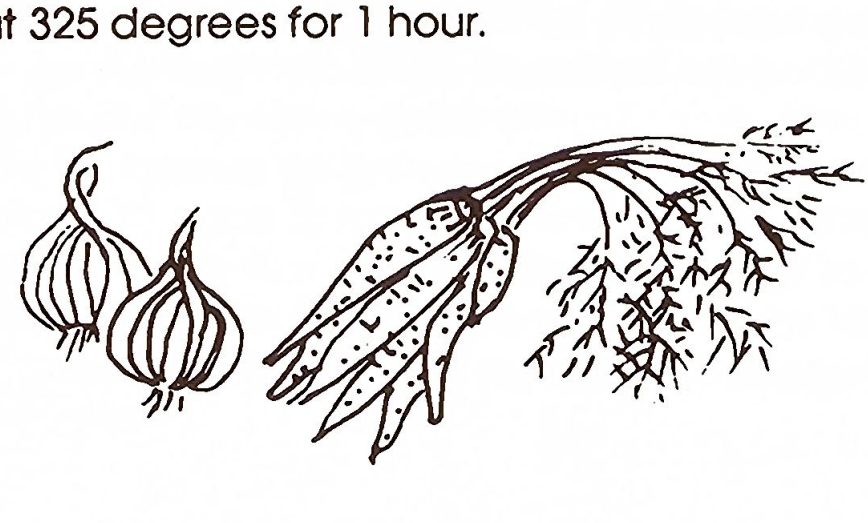
Fry bacon, then remove when crisp and crumble. Saute onion and bell pepper in bacon grease. Then add the conch. Put all the ingredients into a large pot or dutch oven. Add salt, pepper, and Tabasco Sauce to taste. Simmer on a low heat until potatoes are done. Serve 6-8.

VEGETABLES

BAKED BEANS

- 1 *can tomato soup, undiluted*
- 1 *tbsp. Worcestershire sauce*
- 2 *strips bacon, diced*
- 1 *onion, chopped*
- 1/3 *cup green pepper, minced*
- 1/4 *cup celery, minced*
- 1 *tbsp. prepared mustard*
- 1/2 *cup light molasses*
- 2 *med. cans Pork & Beans*

Combine all ingredients. Mix well. Bake in greased 2-quart shallow baking dish at 325 degrees for 1 hour.



CANDIED YAMS

- 6 *sweet potatoes*
- 1 *tbsp. crisco*
- 3/4 *cup sugar*
- 1 *orange*
- 1/2 *cup water*
- 1 *tsp. vanilla*
- 1 *stick cinnamon*

Boil potatoes in water to cover with the Crisco. Drain, peel, cut to size and arrange in buttered pan. Bring to boil the sugar, water and peel sliced from orange and simmer for 5 minutes. Slice the peeled orange and place on top of potatoes. Pour syrup over all. Bake in 350 degree oven for 30 minutes, basting several times. Can be frozen and simply heated through when needed.

CAULIFLOWER WITH CHEESE SAUCE

- 1 *head cauliflower*
- 3 *tbsp. butter*
- 1 1/2 *cups milk*
- 3 *tbsp. Parmesan cheese*
- 3 *tbsp. flour*
- 1 *tbsp. lemon juice*
- *Salt & pepper to taste*
- 2 *egg yolks, beaten*
- 1/3 *cup toasted breadcrumbs*
- 1/2 *cup grated American cheese*

Boil cauliflower in salted water to cover until tender, 15-20 minutes and drain. Melt 3 tablespoons butter and add flour. Add milk and cook until smooth and thickened stirring constantly. Add Parmesan cheese, lemon juice, salt and pepper and blend well. Add small amount of sauce to egg yolks. Combine with remaining sauce. Divide cauliflower into flowerettes. Place in buttered 1 1/2 quart casserole. Cover with sauce and sprinkle with crumbs and American cheese. Pour 1/4 cup melted butter over all. Bake uncovered at 350 degrees for 30 minutes or until brown.

COLE SLAW

- 4 *cups shredded cabbage*
- 1 *small onion, minced*
- 1 *celery stalk, diced*
- 1 *med. carrot, grated*
- 1 *small green pepper, diced*
- 1/2 *cup mayonnaise*
- *Salt & pepper to taste*
- 1 *tbsp. vinegar*
- 1/2 *tsp. sugar*

Combine first four ingredients and set aside. In another bowl combine mayonnaise, salt, pepper, vinegar, sugar, and blend well. Pour over vegetables and toss.

BATTER-FRIED MUSHROOMS

- 1 *cup flour*
- 1 *cup beer*
- *Vegetable oil for frying*
- 2 *doz. fresh mushrooms (equal size)*

Sift flour in bowl. Make well in center. Slowly add beer and stir gently. Do not over mix. Set batter aside for 2 1/2 to 3 hours covered at room temperature before using. Trim mushrooms and dry. Dip in batter and coat well. Deep fry mushrooms in hot oil. Serve hot.

POTATO CHARLOTTE

- 3 *medium carrots*
- 3/4 *cup water*
- 3 *eggs, separated*
- 5 *med. potatoes*
- 1/4 *cup breadcrumbs*
- *Salt & pepper to taste*
- 1 *tsp. sugar*
- 1/4 *cup butter or margarine*

Grate carrots and cook with water for 10 minutes. Cool but do not drain. Peel potatoes, grate fine and drain off all moisture. Mix with carrots, crumbs, egg yolks, salt, pepper, sugar and melted butter. Beat egg whites to soft peak stage, fold gently into carrot-potato mixture. Pour into buttered casserole dish and bake 1 hour at 350 degrees. Great for buffet.

STUFFED TOMATOES

6	*lg. firm ripe tomatoes*
1	*lb. Italian sausages*
1	*tbsp. olive oil*
1	*tbsp. butter*
1/4	*cup onion, minced*
1	*clove garlic, minced*
1/4	*tsp. sugar*
2	*tsp. wine vinegar*
1	*cup cooked rice*
3	*tbsp. chopped parsley*
1	*tbsp. chopped fresh mint*
3	*tbsp. pine nuts or chopped walnuts*
1/4	*cup Parmesan cheese*
1	*egg, lightly beaten*

Cut off tops of tomatoes and discard. Scoop out pulp, chop and reserve. Sprinkle tomatoes with salt and pepper; drain inverted. Remove sausage meat from casings and chop coarsely. Heat the butter and oil in a heavy skillet. Add onion and garlic; cook on medium heat for two minutes. Add sausage, cook until sausage is no longer pink, breaking up all lumps with spoon. Add the chopped pulp and collected juices; sprinkle with the sugar and simmer until all liquid evaporates, stirring frequently. Sprinkle mixture with the vinegar as it cooks. Remove from heat, stir in rice, parsley, mint, nuts, half the cheese and the egg. Mix well. All to cool somewhat, then spoon sausage mixture into tomatoes, mounding tops. Place close together in a baking dish. Top with remaining cheese and bake about 30 minutes. Can be served hot or cold.

International

ALBANIA

BAKED FISH

Make Tomato Sauce first:

- 2 16 *oz. cans stewed tomatoes*
- 1 *6 oz. can tomato paste*
- 1 *green pepper, chopped*
- 1 *large onion, chopped*
- 12 *oz. mushrooms, fresh, sliced*
- 1/4 *cup sherry*
- 1/4 *cup olive oil*
- *Salt & pepper to taste*
- 1 *tsp. oregano*
- 1/2 *cup Parmesan cheese*
- 2 *tbsp. butter*
- 3 *cloves garlic, crushed*

Saute onion, green pepper and garlic in oil till soft. Saute mushrooms in butter and add to green pepper mixture together with sherry. Add rest of ingredients and mix to blend. Simmer for 1 hour, stirring occasionally. **PREPARE FISH;**

- 2 *lbs. fish fillet - Snapper, grouper or dolphin*
- 1 *cup vegetable oil for frying*
- 1 *cup flour*
- 1/4 *cup Parmesan cheese*
- 1/2 *tsp. pepper*
- 1/4 *tsp. garlic salt*

Wash fish and pat dry. Mix flour, cheese, pepper and salt. Dredge fish with flour mixture and fry about 2 minutes on each side. Place in 11x13 inch pan and pour on half the tomato sauce. Bake 45 minutes in 350 degree oven. Cook enough spaghetti for six and serve topped with reserved tomato sauce.

ALBANIA

CHUEL (*Chicken and Gravy*)

- 1 *chicken, boiled, broth saved*
- 1/2 *cup flour*
- 1 *stick butter*
- *Salt to taste*

After chicken has boiled and cooled, debone and remove all skin. Set meat aside. Strain broth, adding water or chicken stock to make seven cups. Melt butter in saucepan, add flour and stir for about 15 minutes or until golden brown. Add broth slowly, stirring to make a very thick gravy. Add chicken pieces and mix together until heated. Serve over toast or French bread.

ALBANIA — GJIZE *(Fried Cottage Cheese)*

- 1 *lb. cottage cheese large curd*
- 3 *eggs*
- 1 *green pepper, chopped*
- 1/4 *tsp. paprika*
- 1/4 *tsp. salt*
- 1/2 *stick butter*
- 2 *tbsp. flour*

Melt butter in frying pan, add flour and mix until golden brown. Add paprika and mix together, stir in peppers and saute with flour on low heat till soft. In a separate bowl mix cottage cheese and eggs, salt and blend well. Pour into butter mixture and fry for about 5 minutes until melted. Serve over toast with a wedge of tomato.

ALBANIA — PISPELLI *(Corn Meal Pie)*

Boil together 2 cups corn meal and 1 1/2 cups water until liquid is absorbed, mixing all the time. Spread half the batter into a well buttered 10" quiche pan. FILLING:

- 1 *leek, chopped*
  or 1 bunch green onions
- 1 *stick butter*
- 3 *eggs, lightly beaten*
- 1 *lb. small curd cottage cheese*
- *salt & pepper to taste*

Saute leek or onions in 4 tablespoons butter. Add eggs, cottage cheese, salt and pepper and mix well. Pour into prepared pan and spread remaining corn meal batter on top. Melt the remaining butter and sprinkle over the corn meal topping. Bake at 350 degrees for 30 minutes until golden and center has puffed up.

ARMENIA

LAMB STEW

- 2 1/2 *lbs. lamb, cut into cubes*
- 3 *tbsp. olive oil*
- 1 *lg. onion, chopped*
- 2 *garlic cloves, minced*
- 1 *cup sliced carrots*
- 3 *med. zucchini, sliced*
- *Salt & pepper to taste*

Wash lamb and remove excess fat. Heat the oil in large pot. Add lamb and saute until brown. Add onion, garlic and enough water to cover. Simmer for 1 hour. Add remaining ingredients and simmer for 15 minutes.

ARMENIA

SIMIT COOKIES

- 6 *cups flour*
- 7 *tsp. baking powder*
- 1 1/8 *cup sugar*
- 1/8 *tsp. salt*
- 1 *cup & 2 tbsp. melted butter*
- 1/2 *cup white wine*
- 1/2 *cup water*
- 1 *jigger whiskey*
- 1 *egg*
- *Sesame seeds*

Mix first 4 ingredients together. Add butter, wine, water and whiskey Form into soft dough. Take a small piece of dough and roll into a thin rope. Fashion into circles and place on buttered cookie sheet. Brush with egg and sprinkle with sesame seeds. Bake at 350 degrees for 20 minutes.

AUSTRIA

STEAK TARTARE

- 1 1/2 *lb. lean round or sirloin steak, ground twice*
- 1 *tbsp. parsley, minced*
- 1 *tbsp. finely chopped onion*
- 1 *tsp. minced capers*
- *Dash of Worcestershire sauce*
- *Salt & pepper to taste*
- 1 *egg & 1 garlic clove, minced*

Mix all ingredients and form into rounded mold. Place on serving dish. Serve with thinly sliced rye or pumpernickel bread fingers that have been buttered or toasted and buttered.

AUSTRIA

VIENNESE STRUDEL

7 *oz. soft sweet butter, unsalted*
3 *cups sifted flour*
1 *tbsp. vinegar*
1 *tbsp. white rum*
6-10 *tbsp. cold water*
1 *cup seedless raisins*
1 *cup toasted breadcrumbs*
4 *lbs. apples, peeled & grated*
Cinnamon, powdered sugar & blueberry jelly
1 *egg white, slightly beaten*

Knead butter into 1 1/2 cups flour until smooth. Chill at least 30 minutes. Mix vinegar, rum, water in remaining flour. Knead until smooth. Roll out to size of dinner plate. Place buttered dough in middle and fold together like an envelope. Roll out with rolling pin to about 1/2 inch thickness. Form a ball. Repeat this procedure 3 times. Cut dough in 4 uniform pieces. Roll out each piece into a 16x10 inch rectangle. Place 2 pieces on greased cookie sheet. Sprinkle middle of each piece lengthwise with 1/4 of the breadcrumbs,top with half of the apples and sprinkle with cinnamon and sugar. Add jelly and 1/4 cup raisins over sugar mixture of each rectangle. Fold dough over top.

Tuck in ends, envelope style, making sure apple mixture is completely covered. Brush top with egg white. Repeat with remaining dough. Bake at 325 degrees until golden brown.

CANADA

DREAM BARS

1 *cup flour*
1/4 *cup butter*
1 3/4 *cup brown sugar*
1 1/2 *tsp vanilla*
1/2 *cup coconut*
1/2 *cup chopped pecans*
2 *eggs*
Confectioners sugar

Combine flour, butter and 1/4 cup brown sugar. Spread in 8 inch square pan. Bake at 375 degrees for 5-10 minutes. Combine vanilla, coconut, nuts 1 1/2 cups brown sugar and eggs. Pour over baked mixture. Bake at 350 degrees for 20 minutes. Cool. Cut into squares. Dust with confectioners sugar.

CHINA

FRIED RICE

- 1/4 *cup peanut oil*
- 3 *cups chicken, pork, ham, or shrimp, cooked and diced*
- 1 1/2 *tsp. salt*
- 3/4 *tsp. pepper*
- 2 *eggs*
- 12 *cups rice, cooked*
- 5 *tbsp. soy sauce*
- 3-4 *scallions, chopped*

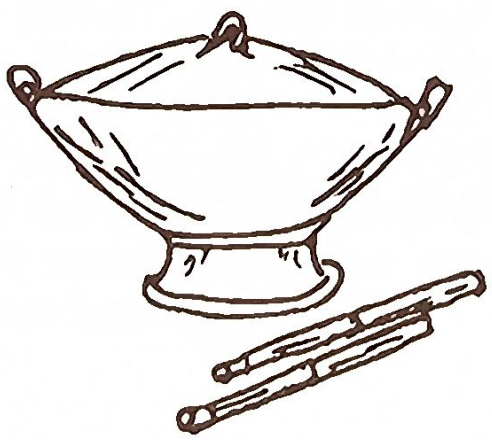
Heat oil. Add diced pork, ham, chicken or shrimp, salt and pepper. Stir and cook until mixture is hot and slightly brown. Stir in raw eggs into mixture cooking until these are cooked and there are shreads of eggs throughout mixture. Add cooked rice and continue to cook, stirring until rice is slightly brown. Add soy sauce and cook about 3 minutes more and continue to stir. To serve sprinkle chopped scallions on top. Serves 20.

CHINA

FRIED SPINACH

- 1 *lb. spinach*
- 2 *cloves garlic, crushed*
- 2 *tbsp. peanut oil*
- 1 1/8 *cup hot chicken stock*
- 1/2 *tsp. salt*
- 1/2 *tsp. sugar*
- 1/2 *tsp. Accent*
- 1 *tsp. soy sauce*
- 1 *tsp. corn flour*
- 1 *tsp. water*

Wash spinach thoroughly. Cut off stalks, drain well. Fry garlic in hot oil until golden then discard garlic. Add spinach to oil and cook on high heat for 1 minute, tossing and turning it. Add hot stock, seasonings and soy sauce and boil for an additional 3 minutes. Blend corn flour and water and stir into the spinach mixture. Cook for 2 minutes and serve.



CHINA

PEPPER STEAK I

1 *lb. round steak, 1-inch thick*
1/3 *cup shortening*
1 *clove garlic, minced*
1/2 *tsp. salt*
1/3 *tsp. soy sauce*
1/2 *tsp. sugar*
3 *onions, sliced*
2 *tomatoes, cut up or 1 can,drained*
2 *green peppers, 1 inch strips*
1 *tsp. finely chopped preserved or 1/4 tsp. ground ginger*
1 1/2 *tsp. cornstarch*
2 *tbsp. cold water*
4 *green onions, sliced*
1 *tsp. MSG*

Slice steak thin. Heat shortening. Add, garlic, salt, pepper and beef. Cook quickly. Add soy sauce and sugar. Cover and cook for 5 minutes. Add onions and cook for 2 minutes. Add tomatoes, green peppers and ginger and cook covered for 5 minutes. Add blended cornstarch and cold water, stir till thickened. Sprinkle with green onions and serve with rice.

CHINA

PEPPER STEAK II

1 *lb. ground steak*
1/3 *cup flour*
2 *tsp. olive oil*
1 *tbsp. butter*
1 *16 oz. can tomatoes*
1 *green pepper*
1/2 *tsp. garlic*
1 *lg. onion, sliced*
1 *cup celery*
2 *carrots, cut in pieces*
1 *tbsp. parsley, minced*
1/2 *cup water*
1 1/2 *tsp. salt*
Pepper to taste
1 *tbsp. preserved ginger, minced*
or 1/4 tsp. ground ginger
Cooked rice or egg noodles

Cut steak in thin strips. Flour each piece well. Brown in oil and butter in large skillet. Blend in the rest of the flour. Add all vegetables and seasonings. Cover and cook for 20-30 minutes or until meat is tender. If additional broth is needed, add a little water. Serve over cooked rice.

CHINA — SWEET & SOUR PORK

Marinate 2 pounds Pork, 2 tablespoons Soy sauce and 4 tablespoons dry sherry for at least one hour. Parboil 1 green pepper, 1 red pepper cut in 1-inch cubes and 2 medium onions quartered for 1 minute. Drain and dry vegetables. In wok or large frying pay, heat 2 tablespoons oil until almost smoking. Lift pork cubes from marinade and dredge in cornstarch . Shake off excess and stir-fry in hot oil. When done, remove from pan and in the same pan, quickly stir-fry the vegetables. It will not take long because of parboiling. **Sweet & Sour Sauce:** In a sauce pan bring to a boil:

- 1 *tbsp. oil*
- 2 *tsp. minced garlic*
- 2 *tsp. minced ginger root*
- 1 *cup water or pineapple juice*
- 1 *cup vinegar*
- 1 *cup sugar*
- 1 *cup ketchup*
- 2 *tbsp. cornstarch*
- 1/2 *tsp. salt*

Return pork, marinade, vegetables and sweet sour sauce to Wok and heat though. Pineapple chunks, diced spring onions or quartered pealed tomatoes may be added at the heating stage. Variations: Chicken, shrimp or fish may be substituted for the pork.

CUBA — DESERT FLAN

- 1/2 *cup sugar*
- 13 *oz. can evaporated milk*
- 14 *oz. sweetened condensed milk*
- 13 *oz. warm water*
- 4 *eggs, slightly beaten*
- 3 *tbsp. rum*

First place sugar in heavy skilled and heat to melt until light golden in color. (Watch carefully not to burn). Pour into bottom of angel food pan and put aside. Sugar will harden. Mix rest of ingredients and beat only to blend. Pour over the sugar and place and place into baking pan. Add 1 inch of hot water in the baking pan and bake for 1 hour at 350 degrees until knife comes out clean. Remove from water, cool completely and then chill.

CUBA

FISH FLAN

- 2 *lbs. fish*
- 2 *large onion*
- 1 *bay leaf*
- 4 *med. potatoes*
- 2 *tbsps. butter*
- 3 *slices white bread*
- 1/2 *cup milk*
- 1 *tsp. parsley*
- 5 *eggs*
- *Salt & pepper to taste*

Boil fish in salted water with large onion and bay leaf. Remove fish and allow to cool. Remove bones and skin. Boil potatoes, peel, mash and combine fish and eggs. Soak bread in milk and add to fish mixture. Saute diced onions in butter until transparent. Add to fish mixture with parsley, salt, pepper. Turn into fish shaped mold. Cook in 350 degree oven for 1 1/2 hours. Serve cold with mayonnaise.

CUBA

GUACAMOLE

- 1 *large pineapple*
- 2 *avacados*
- 3/4 *cup mayonnaise*
- 1/2 *tsp. salt*
- 1/8 *tsp. pepper*
- 2 *sml. pkgs. cream cheese*

Cut pineapple in half lengthwise. Carefully remove fruit from center of pineapple without breaking the skin. Chop pineapple meat into very small cubes. Peel avocados and mash. Mix with the pineapple cubes. Beat cream cheese with salt and pepper. Gradually add mayonnaise. Combine with pineapple and avocado mixtures blending well. Serve in pineapple skin.

CUBA

PICADILLO

- 1/4 *cup vegetable oil*
- 1 *med. onion, minced*
- 1 *med. green pepper, minced*
- 1 *clove garlic, crushed*
- 1/2 *lb. ground beef*
- 1/2 *lb. ground pork*
- 1/4 *lb. ground ham*
- 3/4 *cup capers*
- *Salt & pepper to taste*
- 1/2 *cup tomato sauce*
- 1/4 *cup wine*

Heat oil in large fryhing pan. Saute onions, garlic and green peppers. Add meat and brown lightly, stirring constantly to avoid sticking. Add remaining ingredients and cook over medium heat for 20 to 25 minutes. Remove and serve immediately. Serves 6.

CZECHOSLOVAKIA

BAR COOKIES

1/2 *lb. butter, softened*
1 *cup sugar*
2 *egg yolks*
2 *cups flour*
1 *cup chopped walnuts*
1/2 *cup strawberry jam*

Cream butter and sugar. Add egg yolks. Add flour gradually and mix well. Fold in walnuts. Spoon half the butter into greased 8 inch square cake pan and spread evenly. Top with jam and cover with remaining dough. Bake at 325 degrees for 1 hour or until lightly browned. Cut into 1 x 2 inch bars. Yields 2 1/2 dozen.

CZESCHOSLOVAKIA

LACZO

5 *lbs. pork, cubed*
1 1/2 *tbsp. butter*
3 *med. onions, sliced thin*
5 *bell peppers, cubed*
1 *No. 2 1/2 can tomatoes*
Salt & pepper to taste
1 *can tomato soup*

Brown pork in butter. Add onions, peppers, tomatoes, salt and pepper. Cover and cook slowely for 1 to 1 1/2 hours until pork is thoroughly cooked. Add tomato soup. Cook for 5 minutes. Serve over rice.

DENMARK

PUDDING CAKE

1/2 *tsp. baking soda*
1 *cup dates, chopped fine*
1 *cup nuts, chopped fine*
1 *cup boiling water*
1 *cup butter or margarine*
2 1/2 *cups sugar*
4 *eggs, beaten*
1 *tsp. vanilla*
3 *cups sifted flour*
1 *tsp. salt*
1 *tsp. baking powder*
1 *cup orange juice*

Sprinkle soda over dates and nuts, add water and stir. Let set. Cream butter and 1 3/4 cups sugar. Add eggs and vanilla. Sift flour, salt and baking powder together. Add to sugar mixture. Add date mixture. Pour into greased tube pan. Bake at 325 degrees for 1 1/2 hours. Remove from pan. Mix 3/4 cup sugar and orange juice. Pour over hot cake. Serve with ice cream or whipped cream.

ENGLAND

BEEF STEAK & KIDNEY PIE

1 *cup flour*
Salt & pepper to taste
3 *lamb kidneys*
1 *egg*
2 *tbsp. butter*
1 *large onion, minced*
1 *cup boiling water*
1 *tbsp. Worcestershire sauce*
1 1/2 *lb. lean round steak, cubed*
1 *pastry crust**

Skin kidneys, clean & remove fat, cut into 1/2 inch cubes. Combine flour, salt and pepper. Roll all meat cubes in seasoned flour. Brown onion lightly in buttrer. Remove onion and brown meat cubes. Add onion, water and Worcestershire sauce. Cover. Cook gently for 30 minutes or till tender. Mix 2 tablespoons flour in small amount of cold water. Stir into meat mixture. Cook to thicken. Turn into casserole. Roll out pastry crust and cover meat mixture. Cut vents in top. Beat egg and brush on crust. Bake at 350 degrees for 30 minutes. Serves 6. *Use own favorite pie crust recipe.

ENGLAND

COTTAGE PIE

2 *tbsp. butter or margarine*
2 *lbs. diced beef, mutton or pork*
4 *tbsp. flour*
1 *can vegetable soup*
Mashed potatoes
Salt & pepper to taste

Melt butter in frying pan. Add meat and brown. Add the flour, blending well. Add soup and heat until thick and bubbly. Season and place in baking dish. Cover with potatoes. Dot with butter. Bake at 375 degrees for 15 to 20 minutes or till brown. Serves 4.

ENGLAND

ENGLISH TRIFLE

12 *lady fingers, split*
2 *10 -oz jars blackberry or raspberry jam*
3 *cups prepared vanilla pudding*
1/2 *pt. blackberry brandy*
2 *cups whipped cream*
1/2 *cup slivered almonds*

Sprinkle brandy on ladyfingers and spread jam on top. Arranga layer in clear glass bowl, add a layer of pudding. Repeat layersuntil all ingredients are used. Top with whipped cream , sprinkle with almonds and refrigerate overnight. Serves 12

FINLAND

FRUITED CHICKEN SALAD

3 *cups cooked chicken, diced*
1 1/2 *cups celery, diced*
1 1/2 *cups orange sections*
1 *cup pineapple pieces, drained*
1/2 *cup slivered almonds toasted*
2 *tbsp. salad oil*

3 *tbsp. orange juice*
2 *tbsp. vinegar*
1/2 tsp. salt
Dash marjoram
3/4 *cup mayonnaise*

Combine first 5 ingredients. Blend oil, juice, vinegar and seasonings. Add to chicken misture. Chill at least 1 hour. Drain and add mayonnaise. Serves 8.

FINLAND

SOUR CREAM POUND CAKE

1 *stick plus 2 tbsp. sweet butter softened*
1 *tbsp. dry bread crum bs*
1 *cup sugar*
3 *eggs*
1 3/4 *cup sifted flour*

1 *tsp. soda*
1/2 *tsp. cinnamon*
1 *tsp. ground cardamom*
1 *cup sour cream*
1 *tsp. vanilla*

Preheat oven to 350 degrees. Brush 9x5x3 inch loaf pan with butter, about 2 teaspoons. Sprinkle bottom and sides with breadcrumbs, tapping out excess crumbs. Cream butter and sugar together until light and fluffy. Add eggs, one at a time, mixing thoroughly after each addition. Sift flour, soda, cinnamon and cardamom together.. Stir half into batter. Beat in sour cream and vanilla. add remaining flour mixture. Pour into loaf pan. Rap pan sharply on table once to remove air pockets. Bake for 50 to 60 minutes at 350 until top of cake is golden.

FRANCE

EGGS LORRAINE

1 *tbsp. sweet butter melted*
4 *slices Canadian bacon*
2 *slices Swiss cheese*
4 *eggs*

Salt & pepper to taste
1/2 *cup sour cream*
1 *tsp. brandy*
2 *tsp. minced parsley*

Brush pie plate with butter. Layer sliced bacon and Swiss cheese. Add eggs being careful not to break. Sprinkle with salt and pepper. Combine sour cream with brandy and distribute over eggs. Bake in 325 degree oven for 20 minutes. Remove and sprinkle with parsley.

FRANCE — ROAST DUCK IN ORANGE SAUCE

- 4 *oranges, divided*
- 1 *6-lb duckling*
- *Salt & pepper to taste*
- *Dash marjaram & thyme*
- 3/4 *cups white wine*
- 2 *whole cloves*
- 1 *cup sugar*
- 3/4 *cup water*

Remove peel from 2 oranges. Cut into slivers and reserve. Slice peeled oranges. Place in cavity of duckling. Sprinkle outside of duckling with the seasonings except cloves and truss. Place in shallow roasting pan. Add wine. Roast in 450 degree oven for 15 minutes. Reduce heat to 325 and bake 2 1/2 hours. Remove to serving platter and keep warm. Quarter and seed remaining oranges. Combine cloves, sugar and water in saucepan. Cook over low heat until sugar is dissolved. Add orange quarters. Simmer for 5 minutes. Remove quarters, reserve for garnish. Cook reserved peel in boiling water for 5 minutes. Drain and chop. Discard water. Strain juices from roasting pan into saucepan. Skim off fat. Add rind and bring to a boil. Thicken and season to taste. Pour half the sauce on duck and serve remaining in gravy boat.

FRANCE — ONION SOUP

- 1/4 *cup butter*
- 3 *onions, sliced (about 4 cups)*
- 1 *tsp. sugar*
- 1 *tbsp. flour*
- 1/2 *cup red wine*
- 2 1/2 *cups water*
- 2 *10-oz cans beef broth*
- 1/2 *lb. Swiss cheese*
- 4 *slices French bread*

In a 4-quart soucepan or Dutch oven, melt butter, add onions and sugar and saute 10 minutes. Stir in flour to blend well. Add water, beef broth and wine, heat to boiling and simmer 10 minutes, covered.Spoon soup into four 8-oz oven-safe soup bowls; top with 1 slice toasted bread. Fold cheese slices to fit on bread. Place soup bowls in jelly-roll pan for easier handling. Bake at 425 degrees for 10 minutes or until cheese is melted and soup is hot.

GERMANY

SWEET & SOUR CABBAGE

- 1 *med. head cabbage*
- 3 *tsp. butter*
- 1 *tbsp. bacon fat*
- 1/2 *large onion, minced*
- 2 *apples, thinly sliced*
- 2 *tbsp. brown sugar*
- 1/4 *cup vinegar*
- 1/4 *cup water*

Cut cabbage in half. Core, shred and pour hot water over cabbage and let stand. Melt butter and add to bacon fat in saucepan. Saute onion until transparent. Lift cabbage out of water, place in pan with onion. Add apples, peeled & sliced, sugar, and 1/4 cup water and vinegar. Simmer for about 30 minutes. Serves 4.

GERMANY

LEEK SOUP

- 1/2 *lb. leeks*
- 4 *tbsp butter*
- 2 *tbsp. flour*
- 1 *quart chicken stock*
- 1 *tsp. salt*
- 1/2 *cup half & half*
- 1/4 *tsp. nut meg*

Cut leeks 3 or 4 times lengthwise. Wash and trim off all wilted tops. Cut crosswise into small pieces. Saute in butter. Add flour, stir until golden. Add stock, salt and nutmeg. Simmer until tender 30 to 40 minutes stirring frequently. Add cream and heat. Serves 5

GERMANY

GERMAN PANCAKES

- 4 *eggs*
- 1 *tbsp. sugar*
- 1/2 tsp. salt
- 2/3 *cup flour*
- 2/3 *cup milk*
- 2 *tbsp. margarine*

Preheat oven to 400 degrees. Butter two 9-inch cake or pie pans. Process eggs in blender until light yellow. Add rest of ingredients and process till smooth. Pour half into each pan. Bake 20 minutes at 400 degrees and reduce to 350 degrees for 10 minutes longer. Loosen with spatula and slide onto plate. Serve with butter, lemon and powdered sugar.

GERMANY

RABBIT IN WINE SAUCE

- 1/2 lb lean bacon, chopped
- 1 5 or 6 lb rabbit cut up
- Salt and pepper to taste
- 1/2 cup flour
- 1/2 cup onions, minced
- 1 tsp. garlic, minced
- 1 cup red wine
- 1 cup chicken stock
- 2 tbsp. brandy
- 1 tsp. currant jelly
- 1 small bay leaf
- 1/8 tsp. rosemary
- 1/8 tsp. thyme
- 2 tsp. lemon juice

Fry bacon until crisp. Pour grease into a 5 quart casserole and set aside. Wash rabbit and pat dry. Sprinkle with salt and pepper. Dredge in flour and shake off excess. Heat bacon fat ; add rabbit a few pieces at a time. Brown on all sides quickly and evenly. Remove from casserole. Cook onions and carlic in 2 tablespoons fat in casserole until transparent. Pour in wine and stock and bring to a boil. Scrape out any bits in pan. Stir in brandy, currant jelly and spices. Return rabbit to casserole and add bacon. Cover tightly and simmer for 1 1/2 hours or until rabbit is tender. Remove bay leaf and stir in lemon juice

GERMANY

VEAL SCHNITZEL

- 4 veal cutlets
- Salt and pepper
- Flour
- 1 egg, beaten
- 1 cup breadcrumbs
- 1 cup vegetable oil

Lay cutlets on a wooden cutting board. Sprinkle with salt and pepper and pound with mallet. Dip cutlets in flour, beaten egg and then into breadcrumbs and fry in oil until veal rises to top, 7 to 8 minutes.

HUNGARY

HUNGARIAN CHICKEN

- 8 pieces chicken
- 2 tbsp. butter
- 1 large onion, minced
- 1/2 green pepper, sliced
- Salt and pepper to taste
- 1 large tomato, diced
- 1/2 cup chicken broth
- 1/2 cup sour cream

Saute onion in butter and add green pepper. Stir well. Add chicken pieces and brown skin side first. Stir and add chicken broth and tomato . Simmer until chicken is well cooked. Stir in sour cream and serve.

HUNGARY

BEEF GOULASH

3 *lbs. boneless beef stew*
2 1/2 *cups flour*
1 *tbsp. shortening*
1 *lb white onions, sliced*
1 *tsp. capers, chopped*
2 *tbsp. paprika*
Parsley sprigs
1 *tbsp. vinegar*
1 *tbsp. caraway seed*
1 *tbsp marjoram*
2 *tsp. salt*
2 *bay leaves*
1 *cup water*
1/2 *cup sherry*

Preheat electric skillet to 350 degrees. Cut beef in 1 1/2 inch cubes, dredge in flour. Melt shortening, add beef and cook until brown on all sides. Reduce temperature to 275. add remaining ingredients and mix with meat. Cover and cook until meat is tender. Add additional liquid if needed. Remove bay leaves. Note: A heavy pot or Dutch oven can be used by adjusting stove burner heat from hot to simmer.

HUNGARY

HUNGARIAN STEAK

2 *lbs round steak 1/2 inch thick*
2 *cloves garlic, halved*
2 *tbsp. shortening*
Salt & pepper to taste
2 *med. onions, sliced*
3/4 *lb mushrooms, sliced*
1 *cup water*
1 *green pepper, cubed*

Cut steak to serving portions. Rub with garlic, salt & pepper and brown in shortening. Add onions, mushrooms, tomato sauce and 3/4 cup water. Cover and cook 1 1/2 hours or until tender Add remaining water and green pepper, cook for 10 minutes. Serves 6.

INDIA

CUCUMBER CHUTNEY

Combine 1 small cucumber, peeled and finely chopped; 1 large onion, minced; 1 clove garlic, crushed; 4 tablespoons wine vinegar and salt and pepper to taste. Heat through to blend, cool and chill.

INDIA

LAMB CURRY

- 1 *lb. lamb*
- 1 *tbsp. vegetable oil*
- 1 *large onion, chopped*
- 3 *cloves garlic, chopped*
- 1 1/2 *cups hot water*
- 2 1/2 *tbsp. curry powder or to taste*
- 1 *red pepper, optional*
- 2 *tsp. salt*
- 1 *tsp. ground ginger*
- 1 *fresh tomato, sliced*

Cut meat into desired size, removing excess fat. Fry onion and garlic in saucepan until limp and slightly golden. Add ginger and curry powder and mix well with onion mixture and oil and cook well, stirring constantly for about 5 minutes. Add the sliced pepper and cook for a few minutes. Add a little water if it is too dry. Add meat and keep stirring to coat meat with curry mixture and brown very lightly. Add the sliced tomato and let cook into the meat. Add the water, stir, cover and let simmer for one hour until meat is tender. If there is too much liquid remove lid and let simmer to evaporate . Serve with boiled rice.

INDIA

MANGO CHUTNEY

- 3 *large mangoes, cubed*
- 6 *tbsp. salt*
- 4 *pints water*
- 2 *cups sugar*
- 2 1/2 *cups vinegar*
- 10 *cloves garlic*
- 2 *tsp. hot chili powder*
- 1 *cinnamon stick*
- 2/3 *cup dark raisins*
- 2/3 *cup dates, chopped*
- 3 *oz. fresh ginger, peeled & grated*

Mangoes should be firm and under ripe. Cut mangoes into cubes. Dissolve salt in water in large bowl. Stir in mango cubes. Cover and set aside at room temperature for 24 hours. Drain cubes in collander and set aside. Dissolve sugar in vinegar over low heat stirring frequently then bring mixture to a boil. Add mango cubes, and rest of the ingredients and bring to a boil, stirring occasionally. Reduce the heat to moderately low and simmer for 1 1/2 hours or until thick. Remove from heat, remove the cinnamon stick, pour into canning jars and seal. Cool away from draft.

INDIA

CURRIED POTATOES & PEAS

- 3 *tbsp. vegetable oil*
- 2 *onions, finely chopped*
- 1 *tbsp. fresh ginger, minced*
- 2 *cloves garlic, minced*
- 1 *green chili, chopped*
- 1 *tsp. tumeric*
- 1 *lb frozed or fresh peas*
- 1/2 *lb. potatoes, cubed*
- 1 *tsp. salt*
- 2 *tbsp. coriander leaves, chopped*
- *Juice of 1/2 lemon*

Heat oil in saucepan. Add onion and fry until soft. Stir in giner, garlic and chili. Cook 5 minutes, stirring frequently. Stir in turmeric , peas, potatoes and salt. Reduce heat to low. Cover the pan and simmer for 20 minutes. Add a spoonful or two of water if mixture is too dry. Stir in the coriander leaves and lemon juice and simmer for 10 to 15 minutes until vegetables are tender.

INDIA

PULAU WITH CASHEW NUTS

- 6 *tbsp. butter*
- 1 *pineapple, peeled, cored & cut into pieces*
- 3 *tbsp. dark raisins*
- 12 *scallions, chopped*
- 1 *tbsp coriander seeds crushed*
- 1 *tbs coriander leaves, chopped*
- 1/2 *tsp. cayanne pepper*
- 2 *cups rice, soaked in cold water 30 minutes*
- 1 *tsp salt*
- 2 1/2 *cups chicken stock*
- 2 *hard boiled eggs, quartered*

Melt half the butter in frying pan. Add pineapple chunks and raisins and fry until pineapple is lightly browned. Remove pan and set aside. Melt remaining butter in large saucepan. Add scallions and fry until limp. Stir in cashews, coriander seeds and cayenne and fry 4 minutes stirring constantly. Stir in pineapple mixture , add stock and bring to a boil. Add drained rice. Reduce heat to low, cover and simmer 25 minutes or until rice is tender and the liquid is absorbed. Place into warm serving dish and sprinkle with coriander leaves.

IRELAND

KILLARNEY CHERRY CAKE

1 *box chocolate fudge cake mix*
1/2 *cup chopped green maraschino cherries*
1/2 *cup creme de menthe or 1 tsp. peppermint extract*
Chocolate Curls

Prepare cake mix according to package directions. Substitute creme de menthe for 1/4 cup of water. Stir in the cherries. Pour into 2 greased 9 inch cake pans. Bake as directed. Cool. Whip 1 1/2 cups cream with 3 tablespoons creme de menthe and 2 tablespoons confectioners sugar. Spread one third of the whipped cream between cake layers, heap remaining on top. Arrange whole cherries and chocolate curls on top.

ISRAEL

BLINTZES

1 1/2 *cups creamed cottage cheese*
1 *tsp salt*
1 *tbsp. sugar*
3 *eggs*
1 *cup flour*
Melted butter or margarine.

Combine cheese, 1/2 teaspoon salt, sugar and 1 egg. Add 1/2 teaspoon salt and 1 cup cold water to flour. Add 2 eggs. Beat well. Add 1/4 cup of water if batter is not thin enough. Heat fry pan. Brush with shortening and gently wipe out. Pour a small amount of batter, tilting pan to cover with batter. pour off excess batter. Cook for several minutes or until sides of blintz leave pan. Turn out upside down on towel. Repeat until all batter is used. Place 1 or 2 tablespoons cheese mixture in center of each brown side. Fold with heavy part underneath. Place in greased baking dish. Place a pat of butter on top of each before baking and once while baking at 400 degrees for 20 minutes. Serve hot with sour cream or sugar and cinnamon.

ITALY

CALAMARI ITALIAN STYLE

Clean 3 pounds squid and remove tenticles. Wash under cold water and pat dry. Cut into small pieces. Boil in 6 quarts salted, boiling water for 8 minutes or until squid begin to curl. Do not overcook. Drain. Add to prepared sauce and serve over spaghetti.

SAUCE

1	*large onion, chopped*	1/2	*cup water*
2	*cloves garlic, minced*	1	*large can tomato puree*
1/4	*cup olive oil*	1	*bay leaf*
1/2	*cup white wine*	1	*tsp. oregano*

Saute onion and garlic in oil until transparant. Add remaining ingredients and cook over low heat for 1 hour, stirring occasionally.

ITALY — CANNOLI

Pastry:

- 2 *cups flour*
- 1/2 *tsp. salt*
- 2 *tbsp. sugar*
- 2 *eggs*
- 4-6 *tbsp. white wine*

Combine first 3 items. Add eggs and wine and mix well Add additional wine to make a medium firm dough. Form into ball and let rest for half an hour. **Make filling:**

- 1 1/2 *cups confectioners sugar*
- 4 *cups Ricotta Cheese*
- 1 *tbsp. vanilla*
- 1/2 *cup finely chopped citron*
- 1/2 *cup chopped candied orange peel*
- 1 *egg white, beaten*
- *Vegetable oil for deep frying*
- 3 *tbsp. pistachio or walnuts*
- *Confectioners sugar*

Pass Ricotta through a fine sieve. Beat in vanilla and 1 1/2 cups confectioners sugar. Add citron, orange peel and beat. Meanwhile transfer dough to floured board and roll to 1/16 inch thick.Cut into 3 1/2 inch circles. Gather scraps of dough, roll out again and cut more circles. Wrap the pastry circles around cannoli forms overlapping edges in center. Brush pastry with beaten egg whites. Deep fry in hot oil until golden.With tongs carefully remove from hot oil and place on paper towels to drain. When cooled slightly remove from forms. Put filling in pastry bag and fill . Place on serving tray and sprinkle with nuts and powdered sugar.

ITALY — CHICKEN CACCIATORY

- 1 *frying chicken*
- 4 *small onions*
- 4 *tbsp. olive oil*
- 1/2 *cup flour*
- 1 *clove garlic, minced*
- 1 *cup canned tomatoes*
- 1 *cup mushroom pieces*
- 1 *small green pepper,diced*
- 1/3 *cup. parsley, chopped*
- 1/4 *cup white wine*

Cut chicken into serving pieces. Season with salt and pepper if used. Roll lightly in flour. Heat oil in skillet and brown chicken on both sides. Add remaining ingredients and simmer a half hour.

ITALY — CHICKEN WITH 40 CLOVES GARLIC

1 *3-lb fryer, cut up*
4 *stalks celery cut up*
Juice of 1 lemon
1/2 *cup olive oil*
40 *cloves garlic, peeled*
1 *tsp. oregano*
1 *tsp. basil*
Salt & pepper to tast

Layer chicken pieces in a pan. Distribute remaining ingredients over chicken. Cover and bake at 350 degrees for 1 hour. To brown chicken slightly, put under broiler.

ITALY — CRESCA *(Easter Bread)*

1 *yeast cake*
6 *tbsp warm water*
1/2 *tsp. salt*
4-5 *cups flour*
3/4 *cup Parmesan Cheese*
1 *cup scalded milk*
3 *eggs beaten*
Olive oil

Dissolve yeast in warm water. Sift 4 cups flour and salt into large bowl. Stir in Cheese. Cool milk to lukewarm. Make well in center of flour mix and pour in yeast, eggs, milk and 2 tbsp. olive oil. Blend well. Turn onto a lightly floured board. Knead thoroughly. Add additional flour If needed to make a stif dough . Place in buttered bowl and cover. Let rise until double, abou 1 1/2 to 2 hours. Punch down and let rise again until double in bulk, about 30 to 45 minutes. Turn onto floured board and knead. Shape into round loaf and place in a 10 inch round pie pan. Let double in bulk. Brush top with olive oil and bake at 350 degrees for I hour or until loaf sounds hollow when tapped.

ITALY

EGGPLANT PARMESAN

- 1/4 cup vegetable oil
- 1/2 onion, chopped
- 2 cloves garlic, minced
- 1 can tomatoes
- 1/2 cup water
- 2 tbsp. tomato paste
- 1 tsp. basil
- 1/3 cup flour
- Salt and pepper to taste
- 1 large eggplant
- 1/3 cup oil
- 1/4 cup grated parmesan cheese
- 1 1/2 cups shredded mozzarella

Make sauce by heating oil in medium size saucepan over medium heat. Add onion and garlic and cook about 4 minutes stirring. Stir in the tomatoes, water, tomato paste, salt and pepper and dried basil and simmer for 30 minutes until slightly thickened. Peel and cut eggplant into 1/2 inch rounds. Coat eggplant well with flour, shaking offexcess. Heat oil in skillet, add eggplant without crowding and cook in batches about 5 minutes, turning once until golden and barely tender. Remove to paper towels. Heat oven to 375. In a 1 1/4 quart baking dish, spoon a thin layer of sauce and arrange half the eggplant on top in a single layer and sprinkle with half the Parmesan and half the mozzarella. Spoon on half the sauce. Repeat the layers ending with sauce. Bake for 30 minutes. Allow to stand 10 to 15 minutes before serving.

ITALY

BAKED FISH

- 3 lbs fish fillets
- Salt and pepper to taste
- 3 tbsp. olive oil
- 1 large onion, sliced thin
- 6 slices tomatoes
- 1/2 cup butter
- 1 tbsp. oregano
- 1/2 cup white wine
- 1 cup fresh breadcrumbs

Wash fish and wipe with paper towel lightly. Sprinkle with salt and pepper. Place fish fillets in baking dish that has been generously greased with olive oil. Top fillets with onions and tomato slices. Sprinkle with oregano. Bake in 450 degree oven for 1/2 hour. Saute breadcrumbs in melted butter and spread on fish. Bake another 5 to 10 minutes.

ITALY

LASAGNE

3 *tbsp. olive oil*
1/2 *lb lean ground meat*
1 *lb sausage, bulk pack*
1 *6-oz can tomato paste*
1 *28-oz can tomatoes*
3 *cloves garlic, minced*
1 *onion, diced*
Salt & pepper to taste
1 *tsp. oregano*
Pinch basil
Dash sugar
2 *tbsp chopped parsley*
1 *lb. Mozzarella, cubed*
1/2 *cup Parmesan*
2 *eggs*
12 *lasagna noodles*

Prepare the meat sauce: In a 4-quart saucepan, cook the ground meat and sausage until light brown and pan juices evaporate, stirring frequently. Add onion and garlic; cook until soft. Add tomatoes, tomato paste, salt, pepper, oregano, basil, parsley and sugar. Bring to a boil and simmer 30 minutes. Stir and skim off fat. Meanwhile prepare noodles as label directs; drain. Mix the cheeses and eggs.

In a 13x9x2 inch baking dish, evenly spoon about a half cup meat sauce. Arrange half the noodles over sauce, overlapping to fit. Spoon half cheese mixture on noodles; spread with half the meat sauce. Repeat layers. Bake in 375 degree oven for 45 minutes. Let stand 10 minutes for easier serving. Additional mozzarella can be spread on top the last 10 minutes of baking.

ITALY

LENTAL SOUP WITH SAUSAGE

12 *oz. lentils*
12 *oz sausage*
14 *cups water*
1 *large onion, chopped*
1 *celery stalk, chopped*
1 *6-oz can tomato paste*
1/2 *cup olive oil*
4 *cloves garlic, crushed*
Salt & pepper to taste
Dash Accent

Cut sausage into half-inch pieces and saute 10 minutes. Bring lentils to a boil in a 4-quart pot with water. Add sausage and rest of ingredients to pot and simmer, covered, 3 hours. Serves 10.

ITALY

MEAT LOAF ITALIANO

- 1 1/2 *lbs. lean ground meat*
- 1 *egg*
- 3 *oz. shreaded Gouda*
- 1 *cup bread crumbs*
- *Salt and pepper*
- 1/4 *lb. bacon, cooked, crumbled*
- 3 *hard boiled eggs*
- 3 *tbsp. butter*
- 2 *tbsp. olive oil*
- 1 *clove garlic, minced*
- 1 *can stewed tomatoes*

Moisten bread crumbs in milk. Mix first 5 ingredients well, pat into 3/4 inch thick square. Sprinkle with bacon and arrange hard boiled eggs in center. Roll mixture around eggs and place in baking dish. Mix remaining ingredients for sauce. Bake at 300 degrees for one hour, basting frequently with sauce. Serve with remaining sauce.

ITALY

PARMESAN MEAT LOAF

- 1 *lb. ground beef*
- 1 *cup cottage cheese*
- 1/2 *cup quick-cooking oatmeal*
- 1 *egg*
- 1/4 *cup ketchup*
- 2 *tsp. prepared mustard*
- 3 *tbsp. chopped onion*
- 1 *tbsp. garlic, minced*
- *Salt & pepper to taste*
- 1/3 *cup Parmesan cheese*

Mix all ingredients except Parmesan. Lightly pack into 8x8x2 inch pan. Bake at 350 degrees for 30 minutes, sprinkle top with cheese and bake for additional 10 minutes. Let stand for 5 minutes.

ITALY

VITELLO TONNATO

- 3 1/2 *lbs. boneless leg of veal*
- 3 *tbsp. olive oil*
- 1 *lg. onion, thinly sliced*
- 2 *med. carrots, chopped*
- 2 *stalks celery, chopped*
- 2 *garlic cloves, minced*
- 1 *2 oz. can anchovy fillets*
- 1 *6 oz. can tuna*
- 1 *lg. dill pickle, quartered*
- 1/4 *cup capers*
- 1 *cup dry white wine*
- 2 *bay leaves*
- 4 *sprigs parsley*
- *Pinch dried thyme*
- 1 *cup mayonaise*
- *Lemon juice to taste*
- *Salt & pepper to taste*
- *Parsley, chopped for garnish*

Roll and tie veal. Heal oil in Dutch oven, lightly brown meat and remove from pot. Add onion, celery, carrots and garlic to pot and saute 5 minutes. Return meat to pot with anchovies, tuna, pickle, half the capers, wine, parsley, bay leaves, thyme and cook over low heat for about 2 hours. Remove meat; set aside to cool then chill. Boil sauce until reduced by half; cool slightly and transfer to a blender and blend until smooth. Chill.

Just before serving, combine the sauce with mayonnaise in a bowl. Season with lemon juice, salt and pepper to taste. Slice the veal thinly and arrange on serving platter. Spoon sauce on top. Garnish with chopped parsley and remaining capers. Serve remaining sauce on the side.

ITALY — SPAGHETTI WITH SAUSAGE & EGGPLANT

- 1 1/2 *lb. Italian sausage*
- 1 *eggplant, 1 1/4 lbs.*
- 3 *cloves garlic, minced*
- 10 *springs parsley, chopped*
- 4 *tbsp. olive oil*
- 1/4 *cup butter*
- 1/4 *lb. onions, diced*
- *Salt & pepper to taste*
- 1/2 *tsp. sugar*
- 3 *green peppers, thin sliced*
- 1 *1-lb can plum tomatoes*
- 3 *tomatoes, chopped*
- 2 *oz. salt pork, diced*

Remove casing from sausage and cut into small pieces. Wash and dry eggplant, do not peel. Cut to 3/4-inch cubes. Combine oil, butter and salt pork in saucepan; heat. Add onions and cook until brown. Add sausage and brown 15 minutes. Add garlic, parsley, seasonings, sugar and cook 10 minutes. Add green peppers and eggplant cubes, stir and cook 5 minutes; add all tomatoes and simmer 30 minutes. Serve over spaghetti with cheese.

ITALY — STUFFED ZUCCHINI

- 6 *large zucchini*
- 2 *eggs, well beaten*
- 1 1/2 *cup grated Parmesan*
- 1/2 *cup cottage cheese*
- 2 *tbsp. minced parsley*
- *Salt & pepper to taste*

Cut ends from zucchini. Wash and boil in salted water 12 minutes. Drain well. Cut in half lengthwise and scoop out centers leaving 1/2-inch thick shells. Mix remaining ingredients with the pulp and fill shells. Arrange in greased baking dish and bake uncovered at 350 degrees for 15 minutes.

ITALY

VEAL PARMIGIANA

- 1/2 cup onion chopped
- 1 clove garlic minced
- 1/2 cup oil
- 1 1-lb can tomatoes
- 1 6-oz can tomato paste
- 2 tsp. basil, crumbled
- 2 tsp. oregano, crumbled
- 1 lb. veal scallopini, thin
- 2 eggs, beaten
- 1/2 cup breadcrumbs
- 4 oz. Mozzarella cheese
- 1/4 cup Parmesan cheese

Saute onion and garlic in about 2 tablespoons oil until soft. Stir in tomatoes, tomato paste, salt & pepper if used, basil and oregano. Simmer uncovered stirring frequently 45 minutes or until sauce thickens. Set aside. Place breadcrums on wax paper and dip veal in beaten egg, then crumbs and saute a few pieces at a time in remaining oil until golden. Drain on paper towel. Layer half the tomato sauce, veal, remaining sauce and Mozzarella in a 12 inch baking dish Bake at 400 degrees for 10 minutes or until cheese melts and sauce is bubbly. Sprinkle with Parmesan.

JAPAN

BEEF TERIYAKI

- 3 tbsp. sesame oil
- 5 lbs. beef tenderloin
- 1 lb. fresh mushrooms
- 4 green peppers, diced
- 3 onions, sliced
- 6 oz teriyaki sauce
- 1/3 cup sherry
- 1/2 cup water
- 2 tbsp. cornstarch

Saute thinly sliced beef in oil until brown. Add mushrooms, peppers, onions and braise for 20 minutes. Blend teriyaki sauce , water, sherry and cornstarch and add cornstarch to thicken sauce. **SERVES 20.**

JAPAN

BRAISED CHICKEN WINGS

- 10 chicken wings
- 1/8 cup soy sauce
- 1/2 cup water
- 1 tbsp. brown sugar
- 1/2 cup sherry
- 2 scallions, sliced
- 1 tsp. dry mustard

Wash wings and pat dry. Combine remaining ingredients , heat; add wings, cover and simmer for 35 minutes, basting occasionally.

JAPAN

CRAB TITBITS

1 *tbsp. butter*
1 *tbsp. flour*
1/2 *cup milk*
1/2 *cup cornstarch*
1 *6-oz can crabmeat*
Oil for frying

Melt butter, add flour and stir until smooth. Add milk slowly stirring until thick. Add crabmeat and salt and pepper if used. Cool and chill. Form walnut size balls and roll in cornstarch. Deep fry in hot oil. Serve hot with soy sauce and mustard. About 30 balls. Can be made ahead and reheated in 400 degree oven.

JAPAN

EGG DROP SOUP

4 *cups chicken stock*
6 *eggs*
1 1/2 *tsp. soy sauce*
1 *scallion, sliced*

Bring stock to a boil. Beat eggs and soy sauce together and pour in a steady stream into the stock, gently stirring. Simmer for one minute. Garnish with chopped scallion.

JAPAN

FRIED RICE WITH CABBAGE

3 *eggs, beaten*
1/8 *cup vegetable oil*
1/4 *tsp. garlic powder*
Pinch ginger & Accent
1 *med. carrot, minced*
1 *med. onion, diced*
1 *green pepper, diced*
1/2 *head cabbage, chopped*
1 *cup ham, minced*
2 1/2 *cups cooked rice*
2 *tbsp. soy sauce*

Pour eggs in scantly buttered skillet. Cook until both sides are set. Remove from skillet and shred. In skillet add oil, garlic powder, ginger and accent; simmer for about 3 minutes stirring continuously. Add carrots and saute 3 minutes. Add remaining ingredients and the shredded eggs, mix. Cover, reduce heat and simmer 10 to 15 minutes.

JAPAN

MARINATED MUSHROOMS

- 48 *small mushroom caps*
- 2 1/2 *tsp. soy sauce*
- 3 *tbsp. vinegar*
- 2 *tbsp. sugar*
- 1/2 *cup minced onion*
- 1/4 *cup sherry*

Clean and dry mushroom caps. Combine rest of ingredients and bring to boil. Pour over mushrooms and marinate for 24 hours in refrigerator. Stir occasionally. Drain and serve on toothpicks.

JAPAN

SUKIYAKI

- 3 *tbsp. safflower oil*
- 2 *lbs boneless sirloin*
- 1/2 *cup thin sliced celery*
- 1 *tbsp. cornstarch*
- 1/3 *cup buillon*
- 1/4 *cup soy sauce*
- 1/2 *cup sherry*
- 1 *tbsp. maple syrup*
- 1 *6-oz can water chestnuts*
- 1 *4-oz can sliced mushrooms*
- 8 *scallions, sliced*
- 1 *tsp. ginger*

Freeze steak one hour before preparation; slice into 1/8 inch slices. In hot skillet saute meat and celery i n oil until meat is browned. In small bowl stir cornstarch into bouillon. Add to beef. Cook, stirring until thick and clear. Add remaining ingredients and heat through. Diced cooked pork or chicken can be substituted for beef.

JAPAN

TERIYAKI DRUMSTICKS

- 1 *cup soy sauce*
- 1 *cup sugar*
- 1 *tbsp. minced candied ginger*
- 1 *tbsp. Accent*
- 1 *clove garlic, halved*
- 3/4 *cup sherry*
- 2 *doz. drumsticks*

Combine first 6 ingredients, stir until sugar dissolves. Place drumsticks in broiler pan, pour soy mixture over. Cover with foil and bake at 350 degrees for 45 minutes, turning every 15 minutes. Remove foil and bake an additional 10 minutes.

LEBANON

GRIBEE *(Butter Cookies)*

3/4 *cup sweet butter*
1 *cup sugar*
1/4 *tsp. rose water*
3 *cups flour*
Powdered sugar

Blend butter, sugar and rose water. Add flour and knead. Shape as desired and place in ungreased baking pan. Bake at 350 degrees for about 15 minutes until bottoms are light blown. When cool remove from pan and sprinkle with powdered sugar.

LEBANON

FRIED KIBBY

2 *lbs. lean ground lamb*
1 1/2 *cups finely cracked wheat*
1 *large onion minced*
Salt & pepper to taste
1/2 *tsp. cinnamon*
1/2 *cup cold water*
Oil for frying

Rinse wheat in water; squeeze out all water. Mix all ingredients except water and oil and put through grinder twice. After grinding, add half cup cold water to soften and knead again. Shape into small ovals by rolling in palms. Dip hands in cold water while shaping. Heat oil in skillet and brown evenly on all sides. Serve hot.

LEBANON

TABOOLEY *(Wheat Garden Salad)*

1 *cup fine cracked wheat*
1 1/2 *cups water*
1 *bunch scallions*
2 *bunches parsley*
1/2 *bunch fresh mint*
4 *tomatoes*
Juice of 4 lemons
1/2 *cup olive oil*

Soak wheat in water 15 to 20 minutes, squeeze dry. Finely chop onions, parsley, mint and dice tomatoes. Combine all ingredients and salt and pepper to taste if used. Serve on lettuce leaves. Serves **6.** Crushed garlic may be added.

MEXICO

CHALUPAS

1 *med. onion, chopped*
2 *tbsp. oil*
1 *lb. ground meat*
1 *8-oz can tomato sauce*
1 *8-oz can kidney beans*
1/2 *tsp crushed red pepper*
1 *avocado, mashed*
1 *tsp. lemon juice*
3 *tsp. chili powder*
Dash Tabasco sauce
12 *flour tortillas*
12 *slices cheese*
Chopped tomato
Chopped shredded lettuce

Brown onion in oil, add meat and saute till brown. Add beans, tomato sauce, half the chili powder and red pepper. Simmer one hour. Combine avacado, lemon juice , remaining chili powder and Tabasco sauce. Chill 2 to 4 hours. Fry tortillas in oil, folding as they brown. Open tortillas, place a slice of cheese in center with a tablespoon meat mixture. Top with a tablespoon avocado, add tomato and lettuce and serve.

MEXICO

ENCHILADAS

1 1/2 *lb. ground meat*
Bacon drippings
1 *med onion diced*
1 *can enchilada sauce*
1 *cup black olives, sliced*
3/4 *lb. cheddar cheese, grated*
12 *corn tortillas*
Salt and pepper to taste

Saute meat in bacon drippings . Add salt and pepper if used Add onion, olives and cheese and mix well and set aside. Dip tortillas in warm oil to soften. Place one heaping tablespoon meat mixture in each tortilla, roll and use toothpick to secure. Place in baking dish. Heat enchilada sauce and add one cup water. Pour over tortillas Bake at 400 degrees for 25 minutes.

MEXICO

GAZPACHO

1/2 *cup mushrooms chopped*
3 *tbsp. olive oil*
1 *cup chopped onion*
2 *cups chopped tomatoes*
1 1/4 *cup green peppers,chopped*
1 *cup chopped cucumber*
1 *cup celery, chopped*

2 *tsp. chopped chives*
1/2 *tsp. Tabasco sauce*
Salt & pepper to taste
1 *clove garlic, pressed*
1/2 *cup tarragon vinegar*
3 *cups tomato juice*

Saute mushrooms in olive oil. Combine remaining ingredients and add mushrooms. Cool. Place in glass bowl , cover and chill. Serve topped with garlic croutons.

MEXICO

TACOS

2 *med. onions chopped fine*
1 *clove garlic*
Shortening
1 1/2 *lb. ground beef*
1 *tsp. chili powder*

16 *tortillas*
1/2 *head lettuce*
1 *med onion, chopped*
1/2 *lb. cheddar, grated*
Chili sauce - Dash cumin

Fry onion and garlic in 2 tablespoons shortening until golden. Add beef and spices, cook until brown. Heat a quarter cup shortening in another skillet. Add tortillas one at a time. Fold to form U-shape. Fry until crisp. Place meat filling in tortilla and top with chopped onion, cheese, lettuce and chili sauce. Serves 6.

PACIFIC ISLANDS

BEEF TOMATO

1 *lb. steak rolls*
Soy sauce
3 *tomatoes, sliced*

3 *stalks celery, sliced*
1 *lg. onion, sliced*
1 *green pepper, sliced*

Marinate steak in soy sauce for one and half hours. Cook in small amount of butter in a large frying pan until brown. Add tomatoes and celery and simmer 15 minutes. Add onion and green pepper and simmer for 30 to 45 minutes. Serve over rice.

PACIFIC ISLANDS

1 *3-lb fryer, cut up*
1/3 *cup soy sauce*
3 *tbsp. lemon juice*
1 *tsp. poultry seasoning*
Salt & pepper to taste

CHICKEN FRICASSEE

1 *sm. piece fresh ginger*
Flour
1/4 *cup butter*
2 *med. onions, halved*

Place chicken in bowl. Combine soy sauce, lemon juice and seasonings and pour over chicken. Let stand at least 30 minutes. Lift from sauce, roll in flour and brown in hot fat. Place chicken, sauce and remaining ingredients in casserole, cover and bake at 350 degrees for 45 minutes until tender. Serve with rice. Serves 4.

RUSSIA

1 1/2 *lbs. beef, fillet or top round*
1 *lb. mushrooms, sliced*
1/2 *cup parsley*

BEEF STROGANOFF

1/2 *lb. butter*
3 *large onions, sliced*
1/2 *pint sour cream*
Salt & pepper to taste

Slice beef into very thin 2x1 inch pieces and saute in one-third of the butter. Saute onions in remaining butter in separate pan. Mix beef, mushrooms and onions, add seasonings if used with parsley. Chill overnight. Mix in half the sour cream, place in casserole and bake at 250 degrees for 30 minutes. Serve on noodles with remaining sour cream. Serves 8.

RUSSIA

RUSSIAN CHEESE CAKE

- 6 *cups cottage cheese*
- 8 *egg whites*
- 6 *tsp. flour*
- 1 *tsp. lemon rind, grated*
- 1/2 *cup raisins*
- 6 *egg yolks*
- 2 *cups sugar*
- 6 *tsp. cornstarch*
- 1/2 *cup sour cream*
- 1 *tsp. vanilla*

Use unsalted cottage cheese passed through a sieve. Cream one cup sugar with the egg yolks and flavoring. Add cottage cheese and sour cream. In another bowl beat egg whites with I cup of sugar until stiff and add to cheese mixture. Sift together the flour and cornstarchh and fold into cheese . Pour into a baking pan lined with a very thin pie crust and bake at 350 degrees for I hour. Dust with powdered sugar.

RUSSIA

CREAM OF WHEAT CAKE

- 2 *cups oatmeal*
- 2 *cups self-rising flour*
- 2 *cups milk*
- 1/4 *lb. butter*
- 1 *tsp. brandy extract*
- 2 *cups cream of wheet*
- 2 *cups sugar*
- 2 *eggs*
- 1 *tsp. vanilla*

Mix all ingredients together. Let set for 45 minutes. Stir and pour into large greased and floured pan. Bake at 350 degrees for about 45 minutes.

RUSSIA

EGGPLANT CAVIER

- 1 *large eggplant*
- 4 *large onions, minced*
- 1 *green pepper, minced*
- 3 *tbsp. chopped dill*
- 1 *tbsp. lemon juice*
- 2 *tbsp. sugar*
- 1 *6-oz can tomato paste*
- *Salt & pepper to taste*
- 2 *tbsp. salad oil*

Saute onions, set aside. Prick eggplant with fork, bake two hours until soft in 350 degree oven. Peel and chop fine. Mix well with all other ingredients Place in a buttered casserole and bake at 350 degrees for I hour. Serve cold asappetizer, on pumpernickel topped with sour cream or as a hot vegetable.

SCANDINAVIA

PASTY

- 1 cup shortening
- 1/2 cups water
- 2 medium onions, chopped
- 4 medium carrots, chopped
- 1 1/4 lbs. ground meat
- 4 cups flour
- 5 potatoes finely chopped
- Salt & pepper to taste

Cut shortening into flour. Add salt and pepper. Add water until mixture is pie-crust dough consistency. Divide dough into 4 equal parts. Roll out each part. Cut into plate size circles. Mix vegetables together. Invert 1 cupful mixture in center of each crust. Place meat on vegetables and dot with butter. Fold dough over and seal edge. Bake at 350 degrees for about 1 hour.

SPAIN

HASH PICADILLO

- 1 lb. ground beef
- 1 tsp. onion salt
- 1/4 tsp. pepper
- 1/3 cup tomato sauce
- 2 cloves garlic
- 2 tsp. salt
- Pinch crushed oregano
- 1 cup green olives, pitted

Brown beef well. Add remaining ingredients except olives and simmer 15 minutes. Add olives and serve over rice. Serves 4.

SYRIA

NUTMEG CAKE

- 2 cups brown sugar
- 1/2 cup margarine
- 1 cup sour cream
- 1 egg
- 1 tsp. cognac
- 2 cups sifted flour
- 1/2 cup chopped almonds
- 1 tsp. baking soda
- 1 tsp. nutmeg

Combine sugar, flour and margarine till fine and crumbly. Press 1/4 of the mixture into 8 or 9 inch well-greased pan. Sprinkle with 1/2 of the almonds. Mix sour cream and soda. Add egg, remaining crumbs, nutmeg and cognac to the sour cream mixture. Blend well. Pour over almonds. Sprinkle with remaining almonds. Bake at 325 degrees for 40 to 50 minutes.

TRINIDAD

STEWED SHRIMP

- 2 *lbs. lg. shrimp, deveined*
- 2 *med. tomatoes, seeded & diced*
- 1/2 *tsp. crushed red pepper*
- 1/4 *cup butter or oil*
- 1/2 *tsp. curry powder*
- 1/2 *tsp. Accent*
- 3 *tbsp. fresh lime juice*
- 1 *lg. onion, thinly slice*
- 1 *lg. clove garlic, minced*
- 1 *tbsp. chives chopped*
- 1/2 *tsp. thyme*
- *Salt & pepper to taste*

Sprinkle shrimp with lime juice. Toss to mix. Add all ingredients except Accent and curry powder, toss gently. Marinate at room temperature 30 minutes or in refrigerator for 1 to 3 hours, covered. Melt butter in large skillet, stir in Accent and curry powder. Add shrimp and marinade liquid, cover and simmer 10 minutes. Serve over rice.

UKRAINE

LITTLE UKRAINIAN PIES

Pastry:

- 1 2/3 *cups flour*
- 1/2 *tsp. salt*
- 2 *eggs, lightly beaten*
- 1 *tsp. baking powder*
- 1/4 *lb. butter*
- 1/2 *cup sour cream*

Mushroom filling:

- 6 *spring onions, chopped*
- 1/8 *lb. butter*
- 2 *tbsp. sour cream*
- *Salt & pepper to taste*
- 2/3 *lb. mushrooms, chopped*
- 1 *tbsp. flour*
- 4 *tbsp. dill weed, minced*
- 2 *hard boiled eggs, chopped*

Prepare pastry. Sift flour, baking powder and salt. Cut the butter into the flour until it is the consistency of breadcrumbs. In another bowl combine eggs and sour cream until smooth. Blend in the flour mixture. Knead the dough on a floured board until smooth. Cover and chill for 1 hour. Saute onions and mushrooms in butter until golden. Remove and reserve. Blend flour in pan and cook over low heat for 1 minute. Blend in sour cream and remove from heat. Mix in onions, mushrooms, spices and eggs. Preheat oven to 400. Roll out dough to 1/4 inch thickness. Cut 3 1/2 inch rounds. Place a tablespoon of filling in center of each round. Fold into crescents and pinch sides. Place on buttered baking dish. Bake until golden. Makes 36 pies

PRESERVED CHILDREN

Take 1 large field, half a dozen children, 2 or 3 small dogs, a pinch of brook and some pebbles. Mix the children and dogs well together, put them on the field, stirring constantly. Pour the brook over the pebbles, sprinkle the field with flowers, spread over all a deep blue sky and bake in the sun. When brown, set away to cool in the bathtub.

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